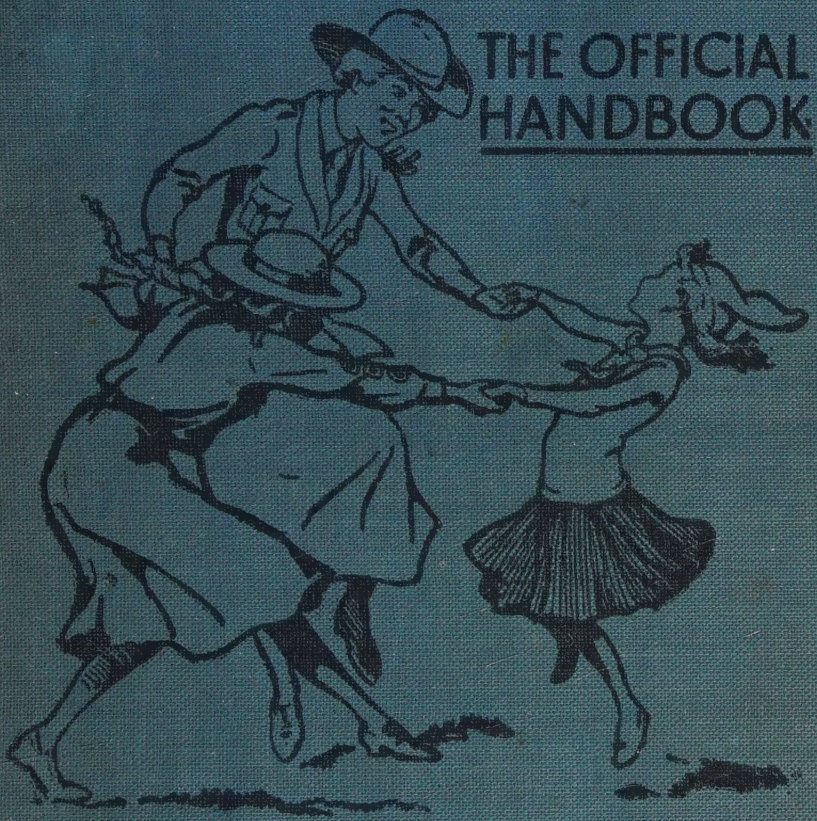
GIRL GUIDING

THE OFFICIAL HANDBOOK



by LORD BADEN-POWELL

Arleen Alford

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GIRL GUIDING

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GIRL GUIDING

A HANDBOOK FOR BROWNIES, GUIDES, RANGERS, AND GUIDERS

BY

LORD BADEN-POWELL OF GILWELL

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DEDICATED

BY GRACIOUS PERMISSION

TO

HER ROYAL HIGHNESS
THE PRINCESS ROYAL

PRESIDENT
OF THE
GIRL GUIDES

FOREWORD

SINCE the first edition of *Girl Guiding* a whole lot of Thames has flowed under the bridges.

For one thing there has been the Great War.

Incidentally the War, in spite of all its evils, did one great good. It gave women their opportunity for showing their pluck and intelligence and their capability for taking on tasks which so far had been considered beyond their powers. They rose to the situation and ably served their country in the time of its need.

Thus they placed themselves in a new light, on a new plane in the social order, which is all the more important seeing that in Great Britain they outnumber the men by two millions, and also form the majority of voters in Parliament, thus constituting a new and very considerable power in the land.

It is up to them, and they have the opportunity now, to carry the service they gave to the country in the time of war into the wider field which has opened to them for developing peace and prosperity in the nation.

This new situation, with its new responsibilities has, however, come upon them with considerable suddenness, and they are only gradually settling down to it. They need an improved education to enable them to adjust themselves to the new conditions—particularly in the direction of the development of character and unselfish patriotism.

This sounds easy, but in these days when the Press, wireless and cinematograph films are all to the fore with their mass suggestion, and there are ever-increasing facilities for unprofitable pleasure, it is not so easy as it sounds.

It has been said that forty per cent. of women act on impulse rather than on reflection, and impulse does not always carry you in the right direction.

There seems considerable impulse to-day for women to seek notoriety, whether it be as lawn tennis or cinema stars, athletes, fliers, golfers, Channel swimmers, or polo players—all of whom are very dashing and plucky but show a splendid energy misdirected and wasted.

Whereas, with a real training in individual character to repress herd impulse and recognize the opportunities of service for their

country, these same girls can form an army of patriotic women such as has never been seen before, and which can help to pull our old country—and indeed our whole commonwealth—out of the mud and ruin on to the fairway to prosperity and happiness.

There is another point. I cannot sufficiently emphasize the importance of Nature lore and its essential place in our programme. There may be a tendency, especially in towns and during the long winter months, to attach in its stead too great a value to signalling and drill, etc.

But our aim is

CHARACTER DEVELOPMENT TOWARDS HAPPY CITIZENSHIP
through natural rather than through artificial means.

We have to keep that ever before us.

The imposition of formal exercises and discipline from without is exactly the reverse of our principle of encouraging energy and self-discipline from within.

And the love of Nature properly aroused and properly directed can, with its sermons in stones and stories in the running brooks, show the " good in everything."

Through the Guide movement we are able to offer such training —and furthermore, our sisterhood has, since the War, grown up in other countries abroad and bids fair to become a great international sisterhood of the women of all nations under a common ideal of mutual goodwill and understanding. This cannot fail to have, in conjunction with the Boy Scout brotherhood, an important influence on the future peace of the world.

Baden-Powell of Gilwell

Founder.

EXPLANATION

Girl Guiding has a double meaning. To some it means the fun of playing the games of the Girl Guides ; to others, the fun of " playing the game " in Guiding Girls. Our desire in producing this Guide scheme is to offer to parents, teachers, and patriots who may care to avail themselves of it when it comes to the duty of training girls.

The object of the Guide training is to give our girls, whatever may be their circumstances, a series of healthy and jolly activities which, while delighting them, will afford them a course of education outside the school in four particular lines of which there is the greatest need :

1. *CHARACTER AND INTELLIGENCE, through games, practices and activities, and honours and tests for promotion.*
2. *SKILL AND HANDCRAFT, encouraged through badges for proficiency.*
3. *PHYSICAL HEALTH and HYGIENE, through development up to standard by games and exercises designed for the purpose.*
4. *SERVICE FOR OTHERS and FELLOWSHIP, through daily good turns, organised public service, etc.*

I have ventured to describe the above as a course of education *instead of a course of* instruction *since the girls are led to learn of their own desire—which is education—instead of having the knowledge impressed upon them from outside—which is instruction.*

The Guides are divided into four grades, to each of which a corresponding part of this book applies :—

PART I. Brownies, under 11.
PART II. Guides, 11 *to* 16.
PART III. Rangers, over 16.
PART IV. Guiders, 18 to 81.

The latter are what would otherwise be termed officers, but their position is rather that of elder sisters reviving their youth by playing

among and leading the girls than of officers ordering them about, or repressing them.

In each grade the training runs on the same four lines as that shown in the preceding paragraph, but on relatively higher standards at each stage, according to the psychology of the girl concerned in it.

Experience has shown that the scheme is easily applicable, even by untrained leaders, to all kinds of girls, whether in town or country, at home or overseas ; and that it is capable of bringing about most satisfactory results.

This book merely offers an outline of principles, together with a few samples of details as an indication to Guiders of the lines on which they can carry out the training. Further details are largely left to their own ingenuity to devise, according to the condition and character of their girls and of their surroundings.

In any case the programme of the training should be kept as unlike a school syllabus as possible in order to give it novelty and freshness.

The book is worded in such a way that it can be studied by the girls themselves in the different grades. The paragraphs in italics are more particularly addressed to the Guiders. In conjunction with this book the Book of Rules of the Association should be read, and where there may be any difference in detail between the two the Book of Rules should be taken as the guide, being more frequently under revision and, therefore, up to date ; and also the monthly paper THE GUIDER.

For further suggestions on the work of Guiders and their aims and methods see Part IV. Perhaps the most important suggestion that I can offer here to Guiders may be summed up in the motto :—

" Laugh while you work,"

Founder.

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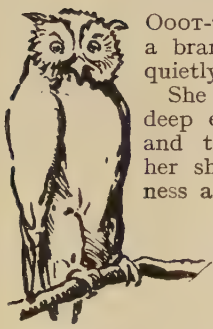
CHAPTER I

THE STORY OF THE BROWNIES

(Adapted from *The Brownies*, by Mrs. Ewing.)



Ooot-toot-to-hoo !—A dear old brown owl sat on a branch in the soft moonlight crooning that cry quietly to herself.

She was a warm, soft old thing, with great big deep eyes that could see even through the dark, and though many people were rather afraid of her she was really quite harmless, full of kindliness and also full of fun.

She could see a joke, and her "Oot-toot-to-hoo" often rippled away in gurgling laughter.

. . . . . .

In a little house nearby there lived a poor man and his wife and their two children, Tommy and Betty ; and though Mother loved both the children, she was always having to find fault with them because they were lazy and forgetful and untidy.

They used to rush about the place yelling and playing their games, upsetting the furniture, breaking the crockery, spoiling their clothes, and generally making themselves a trouble.

So long as they had a good time they never thought what a bother they were to other people.

Then Mother told them one day how different it had been in the house in years gone by when the Brownies had been there.

"What is a Brownie ?" they asked.

"The Brownie," answered Mother, "was a little, wee fairy, either a boy or a girl, who came to the house before anyone was up, and swept the hearth and lit the fire, drew the water and got the breakfast ready. He tidied up the rooms, he weeded the garden, he cleaned the boots, and put the children's clothes away. He did every kind of useful work, but nobody ever saw him. He always slipped away before the people of the house got up, but he was the greatest blessing to everyone. All were happy and the home was bright and clean."

So Tommy and Betty wanted to know how they could get a Brownie to come and help in their house so as to save them from having to do so many odd jobs that their father and mother were always wanting.

They asked mother to tell them how they could find a Brownie, and she told them that the best way was to go and find the wise old owl and ask her, as she knew all about the fairies, and could tell them where to look for a Brownie.

So after dark the two children went into the wood to seek the brown owl. Tommy led the way very bravely at first, but as the path got darker and darker in the silent woods he began to hang back and to feel sorry that he had started on the adventure.

"To seek the Brown Owl."

But Betty was eager to find out about the Brownie, and though she felt nervous she would not allow herself to turn back, and she pushed on, leading her brother after her.

Presently they heard the uncanny hoo-hooting of the owl among the trees. It sounded so weird that for a moment they stood still and felt inclined to turn and run back home.

But again Betty thought of their chance of learning about the Brownies so she stood her ground, and hearing again the voice of the owl, which sounded more friendly as they got accustomed to it, she went forward again and presently came to the tree in whose branches the owl was sitting.

"Mrs. Owl, Mrs. Owl, we have come to see you," she whispered.

"Oo-hoo-hoo, I am glad to hear it. Climb up the tree, my dears, and come and sit by me on this branch."

They did so, and snuggled up closely against the soft warm feathers of the bird, and then they told her their trouble, how they were always being bothered to work when they wanted to play, and how they had heard of the Brownies and wanted to get one to come and live in the house and do the odd jobs for them.

"Oo-hoo-hoo, hoo-hoo-hoo-hoo!" chuckled the owl. "You see that pool down there. Go to the north side of it when the moon is bright and then turn round three times and say:

Twist me and turn me and show me the elf.
I looked in the water and there saw . . .

To get the finishing word of the rhyme look down into the water and there you will see the Brownie, and her name will fill in the rhyme which you want."

So when the moon was up, Betty went to the pool and turned herself round three times and cried :

" Twist me and turn me and show me the elf.
I looked in the water and there saw . . . "

But when she looked in the pool she saw nothing at all except her own reflection. So she went back to the owl and told her how she had seen no one there, except her own reflection in the water, when she had been hoping to find a Brownie who would come to the house and do all the work.

Then the owl said : " Did you see no one whose name would make up the rhyme that I gave you ? "

Betty said : " No one."

Mrs. Owl asked : " Whom did you see in the water ? "

Betty replied : " No one but myself."

Then Mrs. Owl said : " Would not the word ' myself ' make the rhyme ? "

And Betty thought of the rhyme :

" Twist me and turn me and show me the elf.
I looked in the water and there saw myself."

" But I am not a Brownie."

Mrs. Owl replied : " No, but you can be one if you try. You are a strong and active little girl. You could sweep the floor, you are clever enough to lay a fire and light it ; you could fill the kettle and put it on to boil ; you could tidy up the room and lay the breakfast things ; you could make your bed and clean your boots and fold up your clothes. You could do all these things before any one else was up, so that when father and mother came down they would think that the fairies had been at work in the house."

So Brownies are the small people who live in the house and who do good there.

There are often small people in a house who are only troublesome, and these are called Boggarts. They are little demons. When people want to be quiet, for writing or reading, or when they are feeling ill or tired, Boggarts begin to yell and scream and rush about the place.

When the house is clean and tidy they come and upset everything, making messes with their dirty boots, breaking furniture and crockery, and leaving everything untidy for other people to clear up. They are lazy themselves, and don't

do a thing to help their parents. Boggarts are horrid creatures, very different from Brownies.

But the Brownies are not really fairies. They are just ordinary boys and girls living in the house who make themselves into Brownies by getting up in good time to do good turns, instead of being idle and mischievous like Boggarts.

Brownies and Guides do their work quietly without wanting to be thanked or rewarded for it. They do it because it is their duty to their father and mother.

It may sometimes be a trouble to them if they are feeling tired or want to be playing out of doors, but they have to remember that it is their DUTY, and duty comes before everything else.

So in our story, Tommy and Betty, after being told about it by old Mrs. Owl, slipped out of their beds early next morning before any one was up.

They cleaned up the place and lit the fire, put the breakfast all ready, and crept quietly back to their rooms ; so that when Father and Mother came down, expecting to have to do all the work themselves, they were astonished to find everything already done for them, and they thought that the fairies must have been there.

Day after day this went on, and the children got more fun and happiness out of doing their duty like Brownies than they had ever got out of playing rowdy games or being idle Boggarts.

It was only a long time afterwards that their parents discovered that their own children were the Brownies who had helped them.

BROWNIES

CHAPTER II

THE RECRUIT BROWNIE

THE Brownies are little people who do good to big people. When a lot of them go about together they are called a "Pack." They are guided by the Wise Brown Owl (their Guider) as to what they should do to make themselves useful.

There are many kinds of Brownies, such as Sprites, Elves, Gnomes, Fairies, Pixies, and Leprechauns. These last—I hope I have spelt them right—are specially Irish fairies, and are not to be found in England.

Boggarts are little people who do no good—they are ugly and noisy and dirty and selfish—so we have no use for Boggarts among the Brownies.

Have you ever seen a Fairy Ring? I have got one in my garden, and I know of many in the woods—just a wide circle in the ground of rather darker grass than the rest of the turf round about it. It is said to be a track made by the Brownies who come together and dance on the grass by moonlight, round a toadstool in the middle.

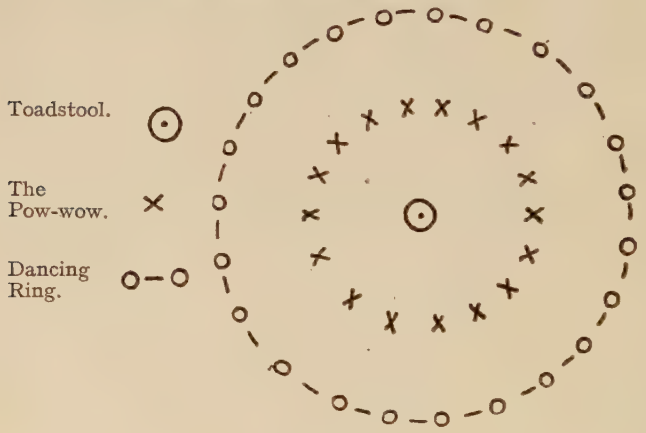
The Brownies' Toadstool.

So our Brownies have a toadstool and they make their ring around it. Like true fairies they can make their ring anywhere, not only in the woods or out on the grass, but even in the town and in a room.

When they come together they plant their toadstool in the centre, and the Brown Owl takes her place by the toadstool. The

Brownies then form a ring around her, the Elves together (there should not be more than six of them), the Pixies together, the Fairies together, and so on.

For the *Pow-wow* (or Talking) Ring, they stand or sit close together so that their elbows are touching. It is called the Pow-wow Ring, or Talking Ring, because they can hear the voice and the wise words of the Brown Owl.



The Fairy Ring.

The Fairy or Dancing Ring.

For the *Fairy Ring* (or Dancing) they all join hands, and make the circle as wide as they can reach.

The Uniform

Now there are thousands of girls who have become Brownies all over the United Kingdom, and even in the British lands far away over the seas, in Canada, New Zealand, Africa, India and Australia; and they all wear the same uniform, so that they may be all alike in the one Sisterhood. This is what it is like:

A brown overall and belt (or jersey and skirt), *or for summer wear*, brown cotton with short sleeves,

Brown stockings (or socks) and shoes (white socks may be worn),

Brown hair-ribbon and brown or gold tie,

Brown knitted cap or hat (melton cloth or cotton).

The Sixes and their Emblems

The Brownies are divided up into parties of six; each "Six" is under a leader who is called a "Sixer," and is called either the Elves or the Fairies or the Gnomes or the Sprites or the Pixies, or any of the Fairies of its own country.

Each "Six" has its own badge which is worn on the right breast; and it has its own rhyme, which every member has to know by heart, and to act up to as far as possible.

These are the emblems and the rhymes of the different Sixes:—

SPRITE (Green).

Here we come, the sprightly Sprites,
Brave and helpful like the knights.

ELF (Blue).

This is what we do as Elves,
Think of others, not ourselves.

GNOME (White with Black Broom).

Here you see the laughing Gnomes
Helping mother in our homes.

FAIRY (Yellow).

We're the Fairies glad and gay,
Helping others every day.

LEPRECHAUN (Irish-Red).

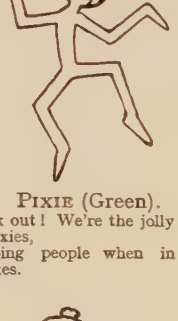
We're the Irish Leprechaun,
Guiding strangers when forlorn.

LITTLE PEOPLE (Irish—Green and Yellow).

We, though known as "Little People,"
Aim as high as any steeple.

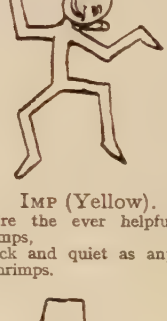
KELPIE (Red and Yellow).

We're the little Scottish Kelpies,
Smart and quick and ready helpers.



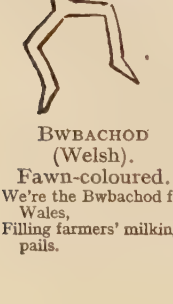
PIXIE (Green).

Look out! We're the jolly Pixies,
Helping people when in fixes.



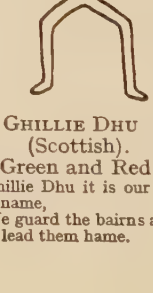
IMP (Yellow).

We're the ever helpful Imps,
Quick and quiet as any shrimps.



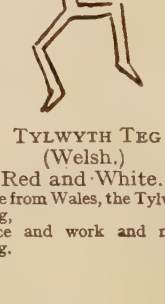
BWBACHOD (Welsh).
Fawn-coloured.

We're the Bwbachod from Wales,
Filling farmers' milking pails.



GHILLIE DHU (Scottish).
Green and Red.

Ghillie Dhu it is our name,
We guard the bairns and lead them hame.



TYLWYTH TEG (Welsh.)
Red and White.

We're from Wales, the Tylwyth Teg,
Dance and work and never beg.

In Ireland there are other fairies besides those that belong to England, and so too in Scotland and in Wales. I don't know them all, but I know that among the Welsh ones are the Tylwyth Teg, the Bwbachod who do good turns in farm-houses, the Coblynau, Bendîth y Mamau (Mother's Blessing), Gwyllion or mountain fairies.

Two or more Sixes together form a Pack, and each Pack is under the charge of a grown-up Leader—the Brown Owl, with a Tawny Owl and a Pack Leader (who should be a Guide) to help her.

The Recruit

When you first join the Brownies you are only a recruit, like a young bird without its feathers.

In some Packs the recruits are called Fledglings, in others Tweenies or Brownikins, and many other names, and in many Packs just Recruits. Each Pack may make up its own name.

Before you can count as a real Brownie you have to do a lot of things and know a lot of things. Here is the list :—

The Brownie Promise.
The Law.
The Motto.
The Salute.
The Smile.
The Good Turn.
The Fairy Ring.

And be able to :—

Fold and tie her own tie and part her own hair.
Know how to plait.
Wash up the tea things.

The Promise

This is the promise :—

" I promise to do my best,

1. To do my duty to God and the King.
2. To help other people every day, especially those at home."

I.—Loyalty

When a fellow promises to do a thing, he means that it would be a terrible disgrace to him if he afterwards neglected or forgot to carry it out ; in other words, when a Brownie promises to do a thing, you may be perfectly certain that she will do it.

You promise as a Brownie to do your best to do your duty

to God and the King. That means that you will be loyal to him.

1. *To God.*—To be loyal to God means never to forget God, but to remember Him in everything that you do. If you never forget Him you will never do anything wrong. If, when you are doing something wrong, you remember God, you will stop doing it.

You are taught to say grace before dinner, and to return thanks to God after it. As a Brownie you should do the same after anything that you have enjoyed, whether it is your dinner or a good game or a jolly day. God has given you the pleasure so you ought to thank Him for it, just as you would thank any person who gave you something you liked. God has been good to you, it is your business to do something for God in return; that is your duty to God.

2. *To the King.*—In the Brownie Pack every Brownie obeys the wishes of the Leader. So it is in our nation. The British people are a very big pack, but they have their one chief, his Majesty the King. So long as they look up to him, and obey him, their work will be successful like that of a team in a football match, where all obey their captain.

If everybody started to play the game in his own way, there would be no rules, and there could be no success. But if we "play the game," and buck up as the King directs, our country will always be successful.

And in the same way, as a Brownie you must obey the leader of your Pack or Six.

II.—The Good Turn

But now about the second promise, namely, *to do a good turn to somebody every day.*

The Brownies and the Guides have a patent dodge of making themselves happy. How do you suppose they do it?

By running about and playing at scouting games? By going out into camp? By lighting fires and cooking their own grub? By tracking down animals, and getting to know all about their ways?

Yes, they do all these things, and make themselves happy; but they have a still better way than that. It is very simple. They do it by *making other people happy.*

That is to say, every day they do a kindness to someone. It does not matter who the person is (so long as it is not themselves!)—friend or stranger, man, woman, or child.

And the kindness, or "good turn," need not be a big thing.

You can generally get a chance of doing a little kindness in your own home, such as helping your mother or a servant to do some little job about the house ; or you can, if away from home, help an old lady to carry her parcel, or take a little child safely across the street, or do something of that sort.

But whatever you do, you must not take any reward for doing it. If you take money for it, it is not a good turn, but just a piece of work that has been paid for.

The Law of the Brownie Pack is :—

The Law

1. A Brownie gives in to the Older Folk.
2. A Brownie does not give in to herself.

The Brownie Song and Fairy Ring

The whole Pack forms the Fairy Ring with hands joined and they step to the left and dance round, singing :—

" We're the Brownies, here's our aim,
Lend a hand and play the game."

Here is the tune (*Sung in the key F*) :—

We're the Brownies, Here's our aim : Lend a Hand and Play the Game.

Then each Six in turn will sing its own particular rhyme, in alphabetical order, first the Elves, then the Fairies, then the Gnomes, and so on.

When all have finished, the whole Pack halts, and shouts out : " LAH, LAH, LAH," three times, and give the full salute with the right hand, dropping it quietly to their side with the last " LAH." Then all stand quite still, ready for what is to come next.

Now what do we mean by singing " LAH, LAH, LAH " ? It sounds nonsense, but it is not, because the Motto of the Brownies is Lend a Hand, and LAH are the initial letters of that motto :—

L	A	H
e		a
n		n
d		d

THE SIGNS OR SALUTES

How to salute.

I.—The Brownie Salute

When a Brownie shakes hands with another Brownie, or with a Girl Guide or Boy Scout, she does so with the left hand. That is the secret sign of brotherhood between them all.

Then also as a Brownie you must understand and be able to make the salute, which is done by holding up your hand with two fingers like this :

The two fingers held up remind you of your two promises. The Salute is another sign that you are a Brownie, even though you may not be dressed in uniform, and that you recognise the person you are saluting also as a Brownie.

If she is an ordinary Brownie like yourself, you only raise your hand as high as your shoulder ; that is called the half-salute. If she is a Sixer or Leader, or a Guider, you give her a full salute, which means you put up your hand to your hat.

II.—The Pack Salute

A Pack may make up its own salute for special occasions. It may be quiet at first, and rise gradually to a shout, or noisy at first and quiet to end with, or quiet or loud all through, just as you like. All the Pack should know it, and it is useful to have at the beginning or end of a ceremony to give someone a star or badge or Sixer's stripes, etc., or on any other occasion on which you like to use it.

III.—The Grand Howl or Salute

This is the grandest salute a Pack can give, and is only for *very* special occasions.

Form Fairy Ring, squat on heels, arms between knees, and two fingers of each hand touching the ground in front.

All say very softly : " Tu-whit, tu-whit, Tu-whoo-oo," rising a little way, and gently sinking back to squatting position. Then all say a second time : " Tu-whit, tu-whit, tu-whoo-oo," a little louder, rising a little further and sinking back again.

The Third time, the " Tu-whit, tu-whit, ti-whoo-oo " gets louder and louder, and all rise to their feet and jump in the air, clapping their hands above their heads as the last " Tu-whoo-oo " ends in a shriek. Then follows absolute silence,

as the Brownies, all standing at the alert, raise their right hands in a full salute.

The Brownies' Smile

Brownies always smile, and if they are in difficulty, in pain, in trouble, or in danger, they don't cry, they just

Grin and Bear It

Not long ago, a very young boy, named Francis Palmer, belonging to the Wolf Cubs of the 18th Bristol Troop, was knocked down by a motor-car, his left leg broken in two places, and the side of his face badly cut about.

The boy was naturally in great pain; but, to the astonishment of the doctors and nurses, never cried or complained. One of the doctors asked him why he was so brave, and his answer was:

"I am a Wolf Cub, and so must not cry."

A Brownie can be just as brave as a Wolf Cub; so whenever you break your leg just smile if you can. If you cannot—well—then grin!

Enrolment of a Brownie

When a girl has passed her test as a recruit she is admitted into her Six as a Brownie, and she can then go on and pass her test for a Second Class Brownie.

The Pack is formed up in the Fairy Ring and the recruits stand in the Pow-wow circle, with the Brown Owl in the centre.

The Brown Owl says to the Recruit: "What is the Brownie Law?"

"1. A BROWNIE GIVES IN TO THE OLDER FOLK.

2. A BROWNIE DOES NOT GIVE IN TO HERSELF."

Brown Owl: "Do you know that if you now make the Promise you must always stick to it afterwards and do your best to carry it out? So do you still wish to make it?" If the recruit is willing the Brown Owl then says: "Come to the Toadstool and make your promise as a Brownie."

The recruit, standing by the Toadstool, and with her right hand at the half-salute, then repeats the Brownie Promise.

The Brown Owl then pins the Recruit badge on her tie and on her right breast the Badge of her Six, and says: "You are now a Brownie

Recruit Badge.

of the —— Pack. I trust you to do your best for the Pack."

The Brown Owl then shakes hands, left-handed, with the Brownie, and they salute each other. The Brownie then faces about and salutes the Pack, and then runs to join her Six. Her Six all shake hands with her, left-handed, to welcome her into the Six.

When all the recruits are enrolled, they return to the middle of the ring, and the rest of the Pack gives them the Grand Howl.

This and all other Brownie Badges can be obtained through the District Secretary.

CHAPTER III

THE SECOND CLASS BROWNIE

To become a Second-Class Brownie you have to—

I.—Intelligence.

1. Know the composition of the Union Jack and right way to fly it.
2. Tie the following knots and know their uses: Reef-knot; sheet-bend; round turn and two half hitches.
3. A Brownie must have a practical knowledge of the rules of the road. Before she wins her second Class, each Brownie must take Brown Owl or Tawny Owl for a "Stop, Look, Listen" walk.
4. Observe and describe something belonging to the outside world, chosen by herself. This may be sky, sea, bird, tree, flower, animal, etc.

II.—Handicraft.

1. Make some useful article which must include a turned down hem sewn with a decorative tacking stitch;

or

Darn an article or do the darning stitch.

2. Show two methods of sewing on buttons and sew one button on to actual garment.

III.—Physical Health.

1. Know how and why she should keep nails cut and clean, and teeth clean, and why breathe through the nose.
2. Bowl a hoop or hop round a figure-of-eight course.
3. Skip twenty times without a break, turning the rope backwards.
4. Throw a ball against a wall from a point ten feet away from it and catch it four times out of six, or catch a ball thrown from a distance of six yards and return it to the sender. Throwing and catching to be accurate four times out of six.

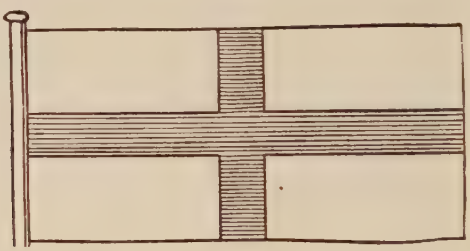
IV.—Service.

1. Lay a table for two for dinner.

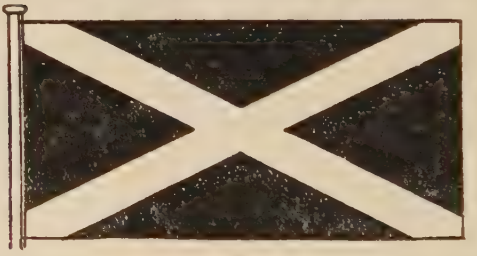
FIRST TEST :

The Union Jack and the Right Way to Fly It

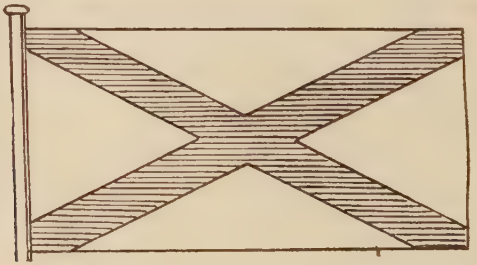
The Union Jack, our National Flag, is rather a confusing one to look at, until you know what it is made up of. You know that England, Scotland and Ireland all have their patron Saints, namely, St. George, St. Andrew, and St. Patrick, and the flag is made up of the different crosses which represent those Saints.



Thus St. George wore a Red Cross on a white flag.



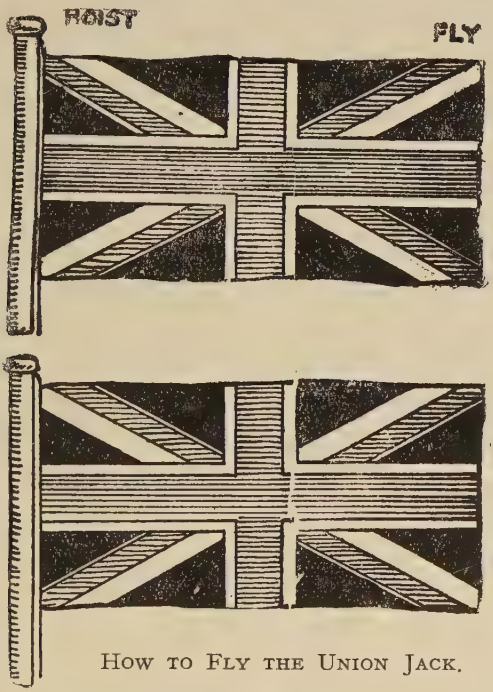
St. Andrew had a white corner-wise cross on a blue flag.



St. Patrick had a red corner-wise cross on a white flag.

And all three have been put together in one flag called the Union Jack. The word "Jack" comes from the ancient name which was given to the shirt which soldiers wore over their armour, because when they were in armour they all looked alike and it was difficult to see which side they belonged to in battle; and on the shirt they wore the cross of the Patron Saint of their country.

Thus a soldier in a white shirt with a red cross on it was known to be an Englishman, fighting under the Jacque, or what we call now the jacket of St. George.



How to Fly the Union Jack.

The red diagonal arms of the flag have a narrow white band on one side of them and a broad one on the other. The broad one should be to the top of the flag on the side nearest to the flag-post that is, the "hoist" of the flag, and towards the bottom of the flag in the loose end, or, as it is called, the "fly." The top picture shows the right and the lower one the wrong way to fly the flag.

Similarly, on our ships the same colours were flown in the form of a flag, which was also called Jacque, down to the present day.

The Union Jack

Now everybody—not only Girl Guides, but Brownies as well —ought to know how to fly the " Union Jack " flag.

Knot Tying

One thing is to be noticed, and that is the value of being able to tie knots, as all Guides can do. People often think : " What is the good of learning so simple a thing ? " Well, accidents often happen in which knowledge might save lives.

Thus when ropes are lowered from a bridge for rescue work they should have a loop or two tied in them for the rescued people to put round them, or to put their legs or arms through. I have known such ropes to have no loops, and the people, not knowing how to tie bowlines or overhand hoops, unable to save themselves.

The following three most useful knots are what every Brownie must be able to tie :—

Sheet Bend

is for attaching a rope to a loop, or joining two ropes of different thicknesses.

Reef Knot

for joining two ropes of equal thickness and for tying bandages.

Round Turn and Two Half-Hitches

This is another way of securing a rope's end to a post or a ring. It is a slip knot, and so can be used in tying up a parcel.

Every Brownie must be able to tie knots properly.

What duffers ordinary girls are at tying knots ! They make a sort of tangle of string or rope, which probably they can never undo again, but the moment it is put to a strain it somehow slips and undoes itself, just when you want it to hold !

Knots are quite easy to learn, and as soon as you know them you can teach other people to make them.

When you have learnt them, and think yourself a swell at

tying them, try doing them in the dark or blindfolded! You will then probably find that you are not so good at it as you thought.

Road Sense

Courteous users of the highway can do a great deal towards lessening the dangers caused by thoughtlessness. Every Brownie should aim at being a person with real road sense, proud of knowing the rules of the road and of trying to keep them.

You can all learn the correct way to—

(*a*) walk on a pavement, footpath or road,
(*b*) cross a street or road,
(*c*) board a vehicle or alight from it.

If you ride a bicycle, you should also know the rules concerning cyclists. In a town, you should know the best places to play.

For your test you will take Brown Owl or Tawny for a "Stop, Look, Listen" walk, when you will be able to show that you understand signals and lights, and that you can judge the best times and place to cross the road. Train yourself, not only for the test but always to keep the rules of the road so that you will be helping towards the safety of yourself and others.

Decorative Tacking

There are many simple but useful things which can be made for this part of the test and you will have fun choosing a colour scheme and making up patterns. Turn your hem up on the right side to form part of the decoration and tack it with fairly large stitches.

Darning Stockings

You can do many a good turn by darning.

Mind you get wool or thread the same colour, and if possible of the same thickness as the threads of the stockings you are going to darn.

You should put in your needle about an inch from the actual hole and push it up and down in straight lines, taking a thread and missing a thread.

Then repeat this again criss-cross, leaving loose loops of the wool where you turn, so that the new wool can shrink without tearing the stocking when washed.

Sewing on Buttons

Here is a chance to be really handy, but sewing on a button needs practice.

If a small button needs sewing on, use strong cotton, and try and match the colour if you can. Thread your needle, make a knot in the end of your cotton, and then put the needle through the material to the wrong side and back again. Then thread on the button, and sew from one hole to the opposite one about four times, each way. At the last time bring the needle up between the button and material, and wind the cotton round a few times very firmly. Then take the needle through to the wrong side and fasten off firmly.

With a coat button you will want thicker cotton or thread, and you will need to sew from one hole to the other more often and you will have to wind the thread many more times round the button. This makes what is called a "shank," and gives room for the button-hole to lie under the button.

Go ahead and try. It wants to be beautifully firm when it's done.

Laying a Table

Spread the table-cloth smoothly and evenly.

Put the knives, spoons, forks, and other things also very neatly—but before putting them there see that there is not a speck of dirt on them, no finger-marks or dust.

Although there is a regular way of laying a table, and all tables look much alike when laid, there is a great difference between one laid by a Guide and one laid by any other girl. What is the difference? The "any other girl" puts the knives, forks, and spoons in their correct places as she has been taught to do. The Guide thinks for herself what things will be needed for the meal, how many courses there will be, and therefore how many knives, forks, and spoons, whether pepper will be wanted or sugar, and puts them on the table accordingly. She uses her wits as well as her hands.

HEALTH RULES

Bantams

Make yourself strong so that you can be helpful to other people.

In our Army we had a battalion of very small men—who were not big enough for the ordinary regiments. They were called the "Bantams." At first people were inclined to laugh at them for being so small, but they very soon showed that at fighting they were as good as anybody else. A small man can have a big heart and plenty of pluck inside him.

Our Ghoorkas—the little warriors in our Indian Army—have shown this. They are splendid fellows and dress very much like Boy Scouts, so that when you meet one you might at first think he was a Scout who had got "overdone" with sunburn.

Then there are our friends the Japanese. They are very small but very brave and strong. Like the Ghoorkas they make splendid soldiers.

So even though a Brownie is small, she too can be just as brave and strong as a bigger girl if she likes to make herself so.

The Japs are very careful as to what they eat, and they keep themselves very clean with lots of washing and they go through exercises for their body every day which make them tremendously strong. And they keep themselves smiling and good-tempered, which also helps to keep them healthy.

"They are splendid fellows."

How to Grow Big

I am sure that every Brownie would like to make herself strong and healthy. But she can also do more than the Jap or the Ghoorka can do, for she can help herself not only to become strong but to grow big if she tries.

I will tell you some of the things which you can do to make yourself big and strong and healthy.

Good Blood and Plenty of It

The main thing is to keep the blood inside you strong and plentiful. The blood to your body is what steam is to the engine; it makes it go well or badly according to the strength of the steam. But also your blood is food to the body, like water to a plant, it makes it grow: if your body doesn't get enough it remains small and weak and often withers and dies.

You ask: how can I get *good* blood and *plenty* of it when it is all made for me inside me?

Wholesome Food

Well, it is made from the food you take in through your mouth, and to get plenty of it you must take in food that is good for making blood, not acid drops or sweeties, they are no good though they may taste nice, but good healthy meat and vegetables and bread are what make good, healthy blood.

Daily Clear Out

When you have taken in your food and have chewed it well

and have swallowed it, it goes down into your stomach, and there the good parts of it go off into the blood, and the useless part of it passes out of you at the other end. If you let this useless part of it stay inside you too long—that is, for more than a day—it begins to poison your blood and so to undo the good of taking in good food.

So you should be very careful to get rid of the poisonous part of your food at least once a day regularly. That is the secret of keeping healthy and well.

Fresh Air and Deep Breathing

Then you can strengthen your blood by putting fresh air into it. The blood wants air and keeps passing through your lungs, in the middle of your body, trying to get some of the air which you breathe in through your nose. So help the blood as much as you can by taking in good deep breaths and good fresh air. Don't give it stuffy old air that has been shut up in a smelly room, but plenty of real cold fresh air out of doors.

For this you should breathe out all the breath that is in you and then suck in, through your nose, as much air as you can hold in your chest till it and your ribs swell out to their full extent. Do this every now and then in the day—when you are in the fresh air—and it alone will help you to grow and to be strong.

But you must not forget the other three things that help too—namely, to eat enough good wholesome food (but without over-eating, as that will help to poison the blood) ; also to have your daily " clear " regularly, to clear out the poisonous stuff from inside you ; to breathe plenty of *fresh* air by deep breathing and by having your window open so that the fresh air can come into the room where you live or sleep.

These things you must practise for yourself ; they cannot be done for you by other people, so it rests with you either to make yourself big and strong and healthy or to let yourself be a poor feeble little creature.

Now can you remember the four things which you have to do ? What are they ? Sing them to your Brownie tune.

Daily Health Rules.

Only feed on wholesome fare ;
Through your nostrils breathe fresh air ;
Clean yourself inside and out ;
Twist and bend and run about.

Nose Breathing

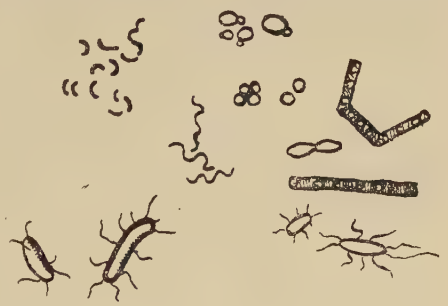
You will notice that I have said, in talking about breathing, that you should draw the breath in through the nose.

Why not through the mouth ?

It is for this reason. Your throat at the back of the mouth is very delicate, and apt to catch cold and to swell up or get diseased, and if you breathe through the mouth the cold air strikes it at once and may give it a chill ; but if you draw in your breath through your nose it gets warmed in passing up it, and goes into the throat as it were through a back door but nicely warmed.

But there is also another reason why you should breathe through your nose.

There are little beasts floating about in the air called germs. They are so tiny that you cannot possibly see them with the naked eye, but with a very strong magnifying glass it is possible to look at them. They are squirmy-looking little beggars, and very dangerous, because if they get inside you they will often give you an illness of one kind or another.



"They are squirmy-looking little beggars."

If you breathe with your mouth open you are very likely to get some of these down your throat and into your stomach, where they are likely to do a lot of harm. But if you breathe through your nose they will get caught up in the sticky juice inside your nostril and you get rid of them again when you blow your nose.

Nails

In the Japanese army, where, as I told you, soldiers keep themselves very clean, they have the order that before eating a meal they must always wash their hands, and they must at no time allow their nails to be dirty. It is believed that it is this rule which has prevented a great deal of illness among the soldiers.

The reason for it is that these poisonous little germs, which float about in the air, live on dirt and are very liable to get on to your hands and to hide under your finger nails, therefore you should always be careful to keep these clean, especially before handling your food. Nails, both on fingers and toes, should be kept properly trimmed with scissors.

Soldiers as well as other people very often suffer lameness

and great pain from the nail of their big toe growing down into the toe at one side.

This is often caused by leaving the nail to grow too long until, by the pressure of the boot, it is driven to grow sideways into the toe.

So you should be careful to cut your toe-nails frequently, every week or ten days, and they should be cut square across the top, not rounded, and with *sharp* scissors.

Finger nails should also be cut about once a week to keep them in good order. They can be rounded to the shape of the finger to prevent the corners catching and getting torn.

Biting the nails is very bad for them.

Teeth

A man came up to an officer to be recruited for the army and the officer examined him as to his strength and height and eyesight, and then looked at his teeth—after which he said : " You are a fine big man, but I cannot take you into the army because your teeth are bad."

And the man went away rather astonished, and told his friends that they wanted soldiers nowadays not only to kill the enemy but also to eat him. The truth was that a man is no use as a soldier unless he can bite hard biscuit and tough meat.

Unless a girl can chew her food well the good does not come out of it in her stomach to go to make blood, which, as I have told you, is so necessary for health.

So whatever you do, try to keep your teeth sound and strong.

There is no part of you that poisonous germs attack more readily than your teeth. They get in between them and burrow inside them, and bring about that awful pain known as tooth-ache, and the teeth rot away and have to be pulled out ; and consequently your food after then does not get properly chewed.

But you can prevent this for yourself if you take the trouble to clean your teeth properly, and to brush and wash away these germs out of your mouth every morning and evening.

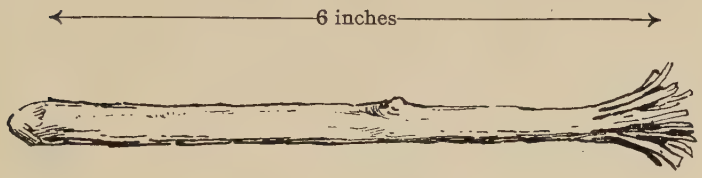
The first thing is to have a tooth brush. This you can buy for a few pence at any chemist. If you cannot afford to buy one you can at any rate make one for yourself.

There are no chemist shops in the wilds of Africa, and yet the natives there have splendid teeth, and they keep them clean by continually brushing them after every meal with little brushes made out of bits of stick.

They take a short stick and hammer the end of it until it is all frayed out like a paint-brush. It is a brush that any Brownie can make for herself in a few minutes. The thing is not to

forget to use it every morning and every evening, when you get up and before going to bed, and also if possible after your midday meal.

Attack those germs with a brush and get them out from



their hiding-places between and behind the teeth, and swill them out with mouthfuls of water, so that they don't get a chance of burrowing and destroying your grinders.

Games and Practices

Bowling a hoop, races for speed and skill round a figure-of-eight course are good exercises for you, and so is—

Hopscotch—circular and straight. Can you hop a figure-of-eight course on the right leg when bending to the right, and vice versa ?

Throwing and catching a tennis ball. To throw a ball against a wall from ten feet away and catch it four times out of six, is a test towards the Second Class. To practise throwing with either hand and over-arm, too, is good exercise, so also is skipping. Most of you will soon learn to skip twenty times without a break, turning the rope backwards, but can you do it lightly and in good style ?

Hop-skip-and-jump.

High jump, and long jump.

Fifty yards' race.

Practice : "Walking the Plank"

Lay a four or six-inch iron drain-pipe on the ground, or a railway rail, or a couple of boards edgewise with an apple or small prize on the ground at the end of it for the Brownie who can walk the plank, squat or stoop and pick up the prize, turn round and bring it safely back again.

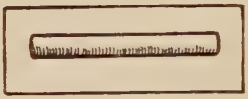
(*This practice is most valuable in producing concentration of mind and action—the effort of body-balance develops mental balance.*)

Stepping-Stones

Put down small bits of board, or cardboard (nailed to the ground), or mark on the ground a twisty line of stepping-stones as if for crossing a brook—some close together, others far apart. Each Brownie to try the course in turn, two tries. In the second try she carries in her hand a mortar-board about eight inches square on which is a tennis-ball, which of course must not be dropped.

(Object similar to that of "Walking the Plank.")

(Other games on the tests will be found in *Brownie Games*, published by Headquarters, price 1s.)



2nd Class or Golden-bar Badge.

This is worn on the left breast, just above the flap of the pocket. When you have passed your test you are standing firmly on Brownie ground, and maybe can lend a hand even better than you could before.

CHAPTER IV

THE FIRST CLASS BROWNIE

THESE are what you have to do to win the badge of the First Class Brownie :—

(*A Brownie must have won her Golden Bar* (*Second Class*), *before taking her Golden Hand* (*First Class*) *test.*)

I.—Intelligence.

1. Know the alphabet in semaphore, and be able to send and read three letters out of four correctly.
2. Know first and last verses of " God Save the King."
3. Know eight points of the compass.
4. Have taken care of a plant, from seed or bulb, and be able to describe to the examiner something about the way it has grown, and what has been done with it.
5. Tie up and address a parcel for the post, using any slip knot.

II.—Handicraft.

1. Knit a child's scarf or jumper or some other garment.
2. Lay and light a fire.
3. Make a milk pudding, or prepare and stew fruit.
4. Make tea.
5. Fold clothes neatly.

III.—Physical Health.

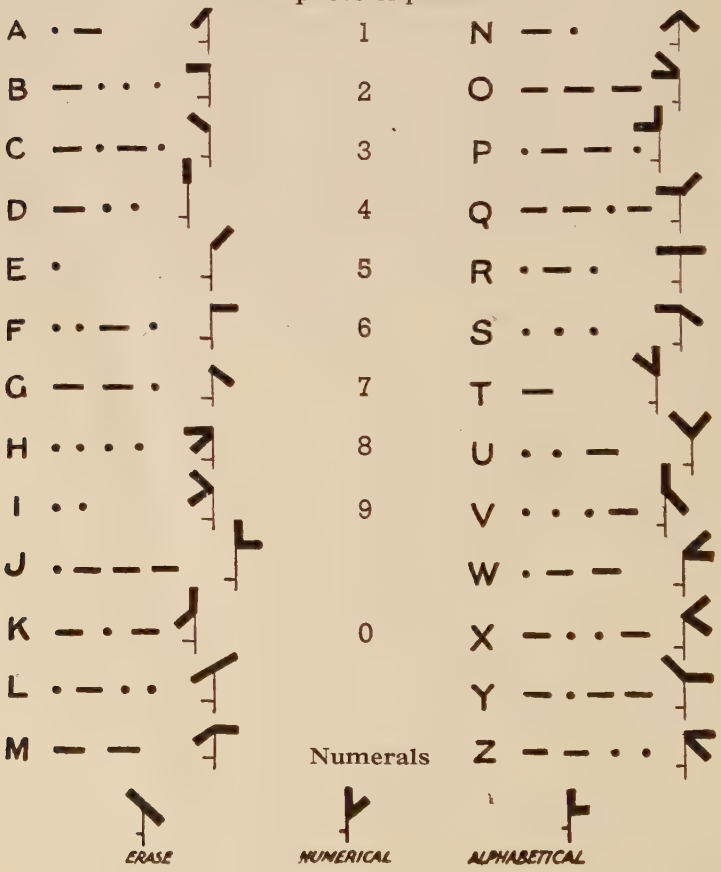
1. Throw a ball overarm (right or left arm) to land over a line ten yards away, and within two side lines three yards apart.
2. Skip thirty times without a break, turning the rope backwards, and skip two of the following steps :
   - (*a*) Feet crossing.
   - (*b*) Pointing toes forward.
   - (*c*) Turning rope quickly (" pepper ").
   - (*d*) Hopping with knee raising.

IV.—Service.

1. Carry a message of at least twelve words in her head for over five minutes and deliver it correctly.
2. Bind up a cut finger or grazed knee.
3. Know what to do if clothing catches fire.
4. Clean shoes.

Brownies entering for the First Class Test may not be tested by their own Owls or by the Guiders of the company to which the pack is attached. Guiders from other companies or packs, or outside friends of the Movement, may be testers if appointed by the Local Association.

Semaphore Alphabet



When the boys of Finland became Boy Scouts, they, of course, took up signalling and wiggle-waggled their flags. One day the Governor came along and he could not understand what they were doing, so he stopped them and would not allow Scouting to go on among the boys of the country because he could not understand signalling, and imagined they must be some sort of secret society making secret signs to each other. Well, it is true, they are secret signs for anybody who has not learned signalling, but, of course, Guides and Scouts understand it and they learn it very quickly.

I have found that boys learn signalling in about half the time that men do. But Guides learn it much more quickly than the boys ; and the Brownies, being sharp and clever little people, learn it much faster than any of the others.

There are two kinds—Semaphore, in which you show each letter by holding your arms out at different angles ; and Morse, which is done by " dots and dashes."

Brownies learn Semaphore and it is a jolly thing to learn although it means sticking to it for a bit but after a short time you will be able to talk with a friend a long way off, and no one but trained signallers will understand what you are saying.

God Save the King !

God save our gracious King,
Long live our noble King,
God save the King !
Send him victorious !
Happy and glorious,
Long to reign over us,
God save the King !

Thy choicest gifts in store
On him be pleased to pour,
Long may he reign.
May he defend our laws,
And ever give us cause
To sing with heart and voice
God Save the King !

Reading the Compass

Some time ago some wild Australian natives were taken for a voyage on a ship. They had always been accustomed to finding their way by tracks on the ground, so when they got to sea they wondered how the Captain of the ship found his way across the

trackless ocean, and they kept a look-out in the bow looking over in the water to see if they could discover the footmarks or signs by which the Captain was finding his way, till at last they went to him and said, "How do you manage it?" So the Captain showed them the compass which showed him which way was north, which south, east and west, and that by reading the compass, and reading his map with it, he was able to go into strange parts of the world without ever having been there before, but always able to find his way because he knew which way was north, and which way the map led him according to the north or south or east or west. And so it is also necessary for a Guide or a Brownie to know the points of the compass, because at any time you may be told to go off to the north or to the south with a message, or you want to know which way the wind is blowing, whether it is a west wind which is going to bring rain, or east wind that is going to bring fine weather, north wind that is going to bring cold, and so on. But how can you do this if you do not know which is the south or which is the north? When you have not got a compass it is quite easy to judge this by the sun. The sun gets up in the east and sets in the west, and in the middle of the day it is due south of you if you are in the northern part of the world. A Brownie must understand this and the different points of the compass before she can be considered a good useful messenger.

How to Grow a Plant from Seed or Bulb

Bulbs should be planted so that the tops of the bulbs are level with the rim of the pot. The earth or fibre should be kept loose under the bulbs, otherwise, when the roots begin to grow, they will force the bulb out of the pot. The pot should be kept in a dark place where there is plenty of ventilation for about 8 weeks, when the roots will be well-grown. Then bring them gradually to the light, as a sudden change is bad for them. Do not forget to water them regularly, keeping a nice even moisture.

The best time to sow seeds is in the Spring or Autumn, but the correct time is shown on the packet. Remember to sow the seeds on fine earth—sow them thinly and the merest covering of earth on top. Thin them out as soon as the first two leaves appear, because plants cannot thrive if they are too crowded. If you are growing plants in a pot, the chief thing to remember is to water them regularly and moderately—the seedlings are better watered with luke-warm water.

If you nurse your plants and bulbs carefully you will be sure to have good results, but they need a great deal of care and attention.

Parcel

The first duty of a parcel is to be neatly and strongly tied up so that it does not come unfastened, but, poor thing, it cannot do this for itself, so you have to do it a good turn by tying it up.

First cut the paper the right size for your parcel, with plenty of paper to wrap over in the middle, and not too much to tuck in at the ends.

Wrap the paper carefully and tightly round the parcel and then tie round the middle with string using any slip knot, so that you pull it really tight. You can make it secure with a half-hitch. There are many forms of slip knot which will fulfil this purpose, one of which, the Packer's knot, will be useful when you go on to the company.

Just as you tuck in the corners of the blankets on your bed to keep you warm and snug, so the corners of the paper should be tidily folded at the ends of a parcel and doubled over flat.

Do each end in turn and fasten it securely with the string. Finish your parcel with a reef or two half-hitches as you prefer, and if you have tied your knots right, your parcel should be safe and sound.

When a parcel is going by post it gets thrown about a good deal and has to stand a lot of banging about, so bear that in mind when you are tying it up.

It is always wisest to write the name and address of the person to whom you are sending the parcel on the parcel itself. Very often people write this only on labels which they tie on, and then if this label gets torn off at all, away goes the parcel to the dead letter office or gets quite lost.

Knitting

Of course you can do knitting either with a machine or with knitting needles by hand, but I strongly advise doing it by hand, for though it is a little bit more difficult to learn at first, it is much more pleasing afterwards. By being able to knit you can do good turns to other people very often indeed, and I even remember an old soldier in my regiment who was able to knit, and he was beloved by everybody because everybody wanted their stockings made by him. All people, men or women, are glad to have warm things made for them in winter time, and by being able to knit a Brownie can lend a hand and give great happiness to other people. You must make something like a scarf, or a Brownie cap, or a child's jumper, and by making it you can be doing somebody a real good turn.

Lighting a Fire

Lighting a fire is like becoming rich ; if you put your pennies in the bank they will gradually mount up and become shillings and pounds, and in a short time mount up into a big sum. But many people, because they have not got a big sum to put in the bank, never begin banking at all. It is much better to begin in a small way and gradually let it grow, and so it is with lighting a fire. Don't try and make a big fire all at once, but begin very small with a little paper and a very few dry bits of stick and wood and gradually make a small fire to start with, and add bit by bit till you make it into the large one necessary for your work.

To Make Tea

Fill the kettle with fresh water and put it on to boil. Warm the tea pot. When the water is bubbling in the kettle put tea, one teaspoonful for each person and one more, into the pot, pour on the boiling water, and the tea is made.

To Make a Milk Pudding

There are many ways of making a milk pudding, this is one. Wash the rice (which should not be " polished "), grease the dish and put in two dessertspoonsful of rice, two breakfast-cupsful of milk, two teaspoonsful of sugar and a pinch of salt. Stir well.

Add a lump of margarine or butter the size of a walnut. Let it stand for half-an-hour if possible and then cook it slowly for two hours.

To Stew Fruit

First of all you have to prepare it. You need to wash it, and either peel it, or top and tail it, etc., according to what kind of fruit it is.

Then put about a small teacupful of water and about two tablespoonsful of sugar (this differs according to the fruit, and brown sugar is often better than white) into a saucepan. When the water is boiling add the fruit and stew gently until the fruit is tender.

Be careful to cool it a little if you are going to pour it into a glass dish !

What to do When Clothing Catches Fire

If your clothes catch fire, lie down at once, and if you can roll yourself in the hearthrug or a carpet.

The reason for this is that flames only burn upwards, and if you smother them in the rug or coat, the fire will go out as it will have no air. If you stand up the flames will run up your dress towards your face, so you see that you must prevent that if you can. So smother the flame at once—roll on it—smother it—kill it.

Fold Clothes Neatly

A soldier or sailor on going to bed always puts his clothes neatly in some spot where he can find them readily in the dark and slip into them quickly in the case of alarm. And so also Boy Scouts and Girl Guides do the same, because you never know when an accident may happen, or the house may be on fire, or a thief may break in, and you may want your clothes suddenly in the dark. If you have them already neatly hung up in their place, you can readily find them and be quickly dressed. But if you are a Boggart your clothes are lying all over the place and it is impossible to find them in the dark. And there is a reason also for keeping your clothes neatly folded, when put away. And that is that they last much longer when properly taken care of, and always look neat and smart, instead of getting baggy, worn, and threadbare. No true Brownie ever leaves her clothes lying about in an untidy way.

To Carry a Message in Your Head

Scouts, Guides, and Brownies are very often used and can do very good work as messengers in offices, shops and hospitals in many parts of the country. And the reason they are used is because they remember what is told them, carry it in their heads and deliver it properly. Now that is a thing that a Boggart cannot do. A Boggart would forget a message, would stop on the road and look at other things, and therefore get late with the message, and not be able to say what had been told her exactly when she started. A Brownie, on the other hand, learns her message by heart as soon as it is given to her, and repeats it to the person who gives it, then she keeps on repeating it while she goes along, and remembers that all the time she is going she is on duty, and therefore it is her business not to stop and loiter and look at things, but to get her duty done. In this way, with her attention fixed on her work, she can always deliver her message at the end of the journey quite correctly as she got it in the first instance.

Binding Up a Finger or Knee

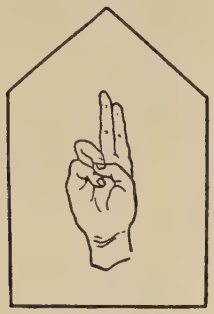
1. *A cut on the hand.*—If anybody cuts her hand, and it is your job to render first aid, the first thing to think about is how to stop the bleeding. Remember, that just as important as stopping the bleeding is the keeping of any sort of dirt from getting near the wound. Now *dirt* here does not mean what you generally call dirt—mud and dust: it means anything containing *germs*. Germs are tiny little insects, so small that your eye can't see them; if they get into a cut they may poison it so that it festers and becomes really dangerous, ending possibly, in the loss of a finger or hand. The worst kind of germs are those that come out of earth—such as garden mould, or mud from the road. But any dust, or any soiled object may, and does, contain germs. So, if you are about to bandage a cut, find the very cleanest thing you can think of to put next to the wound. The inside part of a clean, folded handkerchief would probably be the best you could do, or, failing this, the inside of a clean sheet of notepaper, or the inside of an envelope. Having put something clean over the wound you must add padding of some sort—several handkerchiefs or pieces of rag. Then bind up very firmly with tight, even pressure so as to stop the bleeding. You can do this with strips of rag or a large, folded handkerchief. Make the patient keep his hand raised, or put it in a sling, which you can make from a scarf or comforter, if you have one. Remember that your help is only *first aid;* so take the patient to a grown-up person who will attend to the wound more thoroughly, or take him to a doctor to be stitched up.

A graze.—A graze is a bad scrape which has taken the skin off, and is usually covered with dirt—grit off the road, and so on. It will not be bleeding much, as a rule. The treatment should be to wash it well with clean warm water—soaking it till the dirt comes away, and clean it up with little swabs of wool or rag. When all the grit is removed cover the graze with a clean piece of rag Bandage firmly, but not tight enough to be uncomfortable.

How to Clean Shoes

If they are very muddy you should take most of the mud off with a bit of stick or on a scraper, and then dry the shoes well. When dry you can then easily brush off the dirt with a stiff brush, and then put some polish on a rag and rub it in all over the upper part of the shoe. Then take another soft rag and polish it. If you polish the sole of the shoe as well it makes it waterproof and preserves the leather.

Have you ever heard of "elbow grease"? Ask Brown Owl what it is. It is very good for cleaning shoes.



First Class Badge.

The First Class Badge is worn above the Golden-Bar Badge above the left breast pocket.

Ceremonies with which to give the Golden-Bar and Golden Hand Badges may be made up by each Pack, and are then part of the Pack's own secrets.

Wings are only given to a First Class Brownie when she leaves the Pack to fly up to the Guide Company (see page 48), provided she has passed the test before she is 11 years of age.

CHAPTER V

PACK CERTIFICATES AND PROFICIENCY BADGES FOR BROWNIES

Pack Certificates

Handwork and Player.

Most packs will enjoy working as a whole for one of these two Pack Certificates. You can choose Handwork for one and Miming or Singing Games for the other. At least two-thirds of the Pack must take part (this may include any enrolled Brownie) and if the Tester is pleased with your work you will get an attractive certificate to hang in your clubroom.

Owls may advise but may not take part, and for these Certificates, too, the Tester must be from outside the pack and company.

Proficiency Badges

Now, having won your First Class as a Brownie, you can go on and do great things. You can earn badges to wear on your arms. Look at these and see which you would like, and go in and win.

The Proficiency badges for which a First Class Brownie may qualify are divided into four groups, as follows :

Group I. Character.

Book Lover, Collector, Jester, Observer, Minstrel, Signaller, Thrift, Writer.

Group II. Handicraft.

Artist, Gardener, Knitter, Needleworker, Toymaker, Weaver, Woodworker.

Group III. Physical Health.

Athlete, Swimmer, Team-player.

Group IV. Service.

First Aider, Guide, House Orderly.

All Brownie Proficiency Tests must be dealt with by qualified Testers appointed by the Local Association or a Board of Testers ; Guiders may be included among these.

Note.—The full details of these will be found in " POLICY, ORGANISATION AND RULES *" for the current year.*

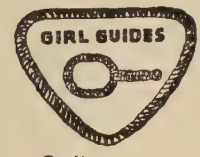
By looking at the syllabuses for the Proficiency Badges, a Brown Owl may get many ideas for activities in the Pack.

Proficiency Badges

Artist

Athlete.

Booklover.



Collector.

First Aider.

Gardener.

Guide.

House Orderly

Jester.

Knitter

Proficiency Badges—*continued*

Minstrel.

Needleworker.

Observer.

Signaller.

Swimmer.

Thrift.

Toymaker.

Weaver.

Woodworker

Writer

How to Wear the Badges

The Recruit badge consists of a Brownie figure in gilt. (This is the only Brownie badge which may be worn out of uniform.)

The Second Class badge consists of a bar in yellow on brown cloth.

The First Class Brownie badge consists of a hand giving the salute, in yellow on brown cloth.

Brownie Wings may be worn by a First Class Brownie, *on being transferred to a Guide Company* provided she has passed the test before she is eleven years of age. They are worn above the Guide patrol emblem.

When a Brownie reaches the age of ten she is eligible to enter a Guide company. She does not wear Brownie badges, once she has been enrolled as a Guide, except Brownie Wings and Service Star, which she may continue to wear.

The cloth emblem of the Six is worn above the right-hand breast pocket.

The Recruit Brooch is worn, after enrolment, on the tie.

The Second Class Brownie badge is worn above the left-hand breast pocket.

The First Class Brownie badge is worn above the Second Class badge.

Brownie Proficiency badges are worn on the right arm above the elbow (with the exception of the First-Aider, which is worn on the left).

The Service star is worn on the flap of the left-hand breast pocket.

GIRL GUIDES

CHAPTER VI

HOW TO BECOME A TENDERFOOT

The Guide Promise

On my honour I promise that I will do my best—

To do my duty to God and the King,
To help other people at all times,
To obey the Guide Law.

The Guide Law

1. A Guide's honour is to be trusted.
2. A Guide is loyal.
3. A Guide's duty is to be useful and to help others.
4. A Guide is a friend to all, and a sister to every other Guide, no matter to what creed, country, or class the other belongs.
5. A Guide is courteous.
6. A Guide is a friend to animals.
7. A Guide obeys orders.
8. A Guide smiles and sings under all difficulties.
9. A Guide is thrifty.
10. A Guide is pure in thought, word, and deed.

What is a Girl Guide ?

This is a Girl Guide.

She is in her uniform of dark blue, wearing her badges of rank and awards for proficiency.

The two perpendicular white stripes worn on the left pocket and the badge in her hat show that she is a Patrol Leader—that is, she commands a group of seven other Guides who form the "Patrol." She carries in her hand the flag of the Patrol.

What do Girl Guides Do ?

Look on the cover and you will see that they are jolly people who enjoy themselves, they are a happy sisterhood who do good turns to other people.

This is what they did during the Great War.

In the towns they helped at the Military Hospitals as assistants to the ward-maids, cooks, and laundry women. In the Government offices, such as the War Office, the Admiralty, and other great departments of the State, they acted as orderlies and messengers. They took up work in factories, or as motor-drivers, or on farms, in order to release men to go to the front.

At home and in their club-rooms they made bandages for the wounded, and warm clothing for the men at the Front and in the Fleet.

A Girl Guide.

(T.I.B. stands for " Tuck in your back.")

In the country they collected eggs for the sick, and on the moors gathered sphagnum moss for the hospitals.

Over in France a great Recreation and Rest Hut for the soldiers was supplied by the Guides with funds earned through their work. It was managed by Guiders, or ex-Guides. Among the older Guides there are many who did noble work with the hospitals at home and overseas ; there was one in particular who went through great adventures in Serbia during the invasion of that country.

As a Munition Worker.

At home in many of the great cities the Guides turned their Headquarters' Club-Rooms into " hostels." That is, they made them into small hospitals ready for taking in people injured in air-raids by the enemy.

So altogether the Guides showed themselves to be a pretty useful lot in many different kinds of works during the war, and, mind you, they are only girls between the ages of 11 and 18. But they did their bit to do away with some of the suffering in the Great War.

There are over a million Guides now—not only in Great Britain, but all over our vast Empire, in Canada, and Australia, West, East and South Africa, New Zealand, India—and even as far away as the Falkland Islands.

Even beyond the boundaries of the Empire there are Guides in nearly every country of the world, among nations as far apart as Iceland, and Brazil, Japan and the United States. The Guides are a vast sisterhood of girls, ready to do anything they can for their own countries, and for mankind at large. The Girl Guides as well as the Boy Scouts have been recognised by the League of Nations as having a great influence for peace. The Guide Law and Promise are the same all over the world, and working on these lines, and with the same ends in view, we should be able to do a great deal towards preventing another war, and help to ensure the reign of peace and justice everywhere.

A Hospital Guide.

In this book I will show you as briefly as possible how you become a Guide, and what you have to do to make yourself fit for service. And I can tell you right off now that one thing you've got to do is to laugh and enjoy it all; you can't help doing so when you get into it.

Guide Orderly.

What the Guides Do

As a Guide your first duty is to be helpful to other people, both in small everyday matters and also under the worst of circumstances. You have to imagine to yourself what sort of things might possibly happen, and how you should deal with them when they occur. Then you will know what to do.

It is a good practice to picture to yourself a sudden accident near you, and think out what you should do in similar circumstances. If you train yourself perpetually in this way, you will be "all there" one day when an accident really happens. Then you will know what to do.

There are some splendid stories I could tell you of brave deeds done by Girl Guides in all parts of the world. The great thing is to determine to keep cool in emergencies, and never to be hysterical or useless in a crisis. It is all a question of preparing yourself for it. Any girl can make herself fit to act in the right way if she only sets herself to learn how to help other people in a practical, sensible way, and to keep her head.

Finding the Wounded.

Here is a story from South Africa.

A Guide, who was only fourteen, went for a picnic with a grown-up friend of hers and some children. They bathed in a wide river, which just at that time was in flood, and in consequence had a strong current. They first of all looked after the children who could not swim, and when they had seen them safely ashore, started to enjoy their own bathe and to swim out from the bank. Elsa, the Guide, swam out some way and found she could touch bottom, and she called to her friend to come out there to her. This she attempted to do, but when she tried to reach bottom, found she was out of her depth, and over what seems to have been a hole or sudden shelving in the river bed. She was tired and called for help, and looking round, Elsa saw to her horror that the woman was sinking. Off she swam against the current to her aid, and caught her by the hair, but could not keep her up. The unfortunate woman again sank, but this time Elsa dived and got hold of an arm, and again pulled her to the surface. The drowning woman struggled and clutched her, but the Guide remembered her training, and hit out good and strong and freed herself, keeping her head, you see, in an emergency. Then she was able to tow her friend to the bank, and as no one was there to help, except the frightened children, she set to work on artificial respiration, and brought the woman round.

Binding up Injuries.

That was a pretty good effort for a girl of fourteen, wasn't it? And though Elsa probably wouldn't like me to tell you, the

Headquarters Executive Committee awarded her a Bronze Cross, the highest Guide award there is for bravery and pluck.

Guides are always taught first aid, and how to prepare a sickroom, and to be quick and handy in a house where there is illness. They should know how to cook simple invalid food, ventilate a room properly, change sheets, wash, and so on.

Convalescent Nursing

Cheering them back to life.

Finally there comes the convalescent stage when your patients are getting better, and you have to give them more nourishing food, cooked in a tempting manner, and you have to keep their minds active and cheerful by being able to read or sing to them, and so to cheer them back to life.

These are things which have to be learnt in peace-time, and because they were learnt by the Guides beforehand, these girls were able to do their bit so well when war came.

Frontier Life

But they have to Be Prepared for many other things besides sickness. It falls to the lot of very many of our girls to take up life Overseas, and very often it is a rough life, and one full of adventures and romance.

But although this sounds very nice in books and stories it is no fun for a girl who has had everything done for her at home, to find herself stranded in an outlandish place with no one available to help her, no water or gas laid on, no shops, no bakers, no cooks, no doctors.

She has to do everything for herself. This is where so many of our women, who had charge of ambulances in Serbia and other countries during the war, came out so splendidly, doing everything for themselves, and showing the greatest possible courage and handiness in the difficulties and dangers of active service.

(T.I.B.)

A story which should appeal with special force to Girl Guides is that of Grace Darling.

She was born in the same year as the Battle of Waterloo, on one of the Farne Islands, which lie out in the North Sea off the coast of Northumberland.

Her father, William Darling, was the keeper of the great lighthouse, which stands alone on a barren rock, so that as a child Grace was accustomed to the roar of the waves, and the wild storms that beat across those coasts in winter.

She had nine brothers and sisters, but when she was still quite young, they all went to the mainland to earn their living, and she was left alone with her parents in the lighthouse. So she grew up, learning what she could from the few books her father had with him, but thoroughly at home in a boat and climbing about on the rocks round the island.

One September night, in the year 1838, there was a terrible storm. Grace was wakened by the wind and thought she heard a cry. She listened, and over the roar of the gale heard it again. Then she jumped up and called her father.

Through the telescope they could make out the wreck on a rock about half a mile away, the ship already beginning to break up in the terrific seas that were dashing over her.

The lighthouse keeper feared to launch the boat alone in such a sea, but Grace insisted on going with him and pulling an oar. They launched the boat on the sheltered side of the island, and got her away, until rounding the point they met the full force of the gale.

It was a tremendous struggle, but the girl and her father managed to keep the boat's head to the wind, and save her from being swamped, and eventually to pull in under the lee of the reef on which the steamer was stranded.

Grace had now to manage the boat alone, and let her father get ashore. This he managed to do safely, and scrambling over the rocks got to the ship. She was the steamship *Forfarshire*, bound for Dundee, with a valuable cargo and passengers. There had been sixty-three people on board when she left Hull, but now there were only nine left alive.

The seamen were so exhausted that William Darling had almost to carry them to the boat. The return journey to the lighthouse was even more dangerous than the first, as the boat was overloaded, and they had the greatest difficulty in making the island. But they saved the lives of those survivors on the wreck, and by the courage and real heroism of a girl.

This sort of thing can only be done when a girl has trained herself as the Guides try to do, to be plucky, to be handy, to keep cool, and to know what is the right thing to do—and to do it at no matter what risk to herself.

Frontierswomen

I have met many fine frontierswomen in my time. In Matabeleland, when the natives rose against us, Mrs. Selous, the wife

of the great elephant hunter, was alone in her home, thirty miles away from the nearest town. Some natives living close by came and asked her for the loan of as many axes as she could spare, as they wanted to chop firewood. Shortly afterwards her husband, who had been away shooting, came galloping in, and told her to saddle and mount her horse at once and to get away as the natives were "up" and murdering the white inhabitants.

A Frontier-woman's Ride for Life.

Being a frontierswoman it did not take her long to catch and saddle up her horse, and in a few minutes she and her husband had left their home, and were riding for their lives towards Bulawayo. Before they were out of sight of their house they could see smoke and flames already issuing from it. The natives who had borrowed the axes had done so with the object of murdering them, and finding that they had escaped, were now wreaking their vengeance on their property. It was just Mrs. Selous' promptness, cool-headedness, and ability to ride that saved her life.

Another woman at that time was similarly out on her farm, while her husband was away in some other part of the country. The natives surrounded her house in the night and attacked her faithful native servants. Knowing her danger, she slept in her clothes, and realising what was the matter when she heard the noise of the attack, she seized her revolver and, slipping out of the house through a back window, she escaped into the garden and hid herself behind a tombstone there. In the early dawn the marauders departed, and she came out of her hiding-place to find her home wrecked and her faithful servants all killed. A relief party of white men soon after arrived from the nearest township, and found her quite self-possessed and calm. The only excitement she showed was her intense relief at the fact that one of the attackers had seized her sewing machine and was making off with it when he was killed by one of her men, and had dropped the machine at a spot where it just escaped falling down the well. So she rode back to Salisbury in triumph with her rescuers, clutching her beloved sewing machine. She had no sooner reached safety than she discovered that she had dropped her revolver, and she insisted on going back again to find it. You might think that she could have got a new revolver in the town, but that was not the

question. The revolver was a favourite of hers, because, although old and rather out of gear, she had once killed a lion with it.

She had many other exciting adventures in Rhodesia which I have not space to tell here, but she was a splendid type of what a London girl can do when put to it in places of difficulty and danger, if only she has trained herself.

(T.I.B.)

The story of Laura Secord, the heroine of Canada, shows what a frontierswoman may be called upon to do, and what she can do if only she has Been Preparing herself in strength of mind and body like a Guide.

Canada was at war with the United States over a hundred years ago. Battles between the Americans and the English were being fought on all sides in that unhappy year 1812. After the engagement on Queenstown Heights a terror-stricken woman went tramping over the field where the slain were lying, in search of her husband. Laura Secord had heard that her husband had been wounded and left there for dead ; but on finding him, to her joy she discovered that he was still alive, though badly injured.

It was during his long illness that a report was brought to Laura Secord that the Americans were again coming to surprise the English, unknown to the general.

Owing to her pluck and determination, Laura achieved a famous deed of heroism and saved her country by taking the information of the advance of the enemy right away to the commanding officer of the British troops. Through difficulties and dangers she sped without a fear for her own safety ; she trudged on through forests and bogs, going twenty miles round out of the beaten track so as to avoid being traced. In the dusk of the evening her path was checked by a deep stream. Here she felt almost helpless, until she found a tree-trunk fallen across the water, and by this she managed to scramble to the opposite bank. Whilst dreading what might happen at home to her invalid husband and her little children left behind, Laura Secord still pressed forward through the darkness, tired and weak, till she at length reached the British camp, and was able to unburden her mind and give the news of the danger to the officer in command. All present were struck with admiration for her gallant effort, and with the knowledge of the impending danger thus gained, the British were able to BE PREPARED, and so gave the enemy a complete beating.

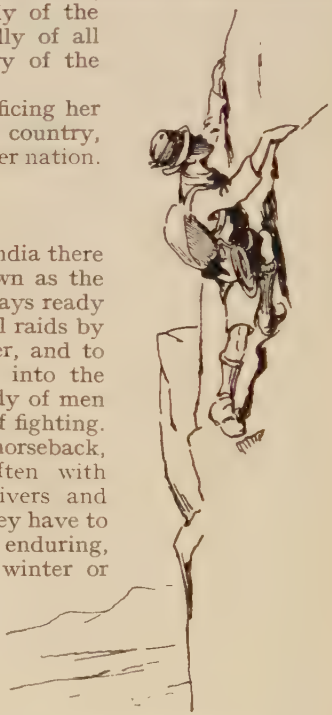
Now, did not this Laura Secord, though quite untrained, do every part of the duty of a Girl Guide ? She showed SENSE OF DUTY in leaving all that was dearest to her to go off to the commander.

She showed cleverness and RESOURCE in getting through the American outposts by driving her cow in front of her, pretending that she was merely taking her out to graze.

She showed ENDURANCE, going such a long journey rapidly and well, being healthy and fit for hard work.

Also CAMPAIGNING in being able to find her way by a circuitous route through forests and by night, and yet not seen by the enemy—SAVING LIFE, too, not only of the soldiers in the force, but eventually of all her nation, by freeing her country of the enemy.

She showed PATRIOTISM by sacrificing her her own wishes for the good of her country, and risking her life for the good of her nation.



Facing a Difficulty.

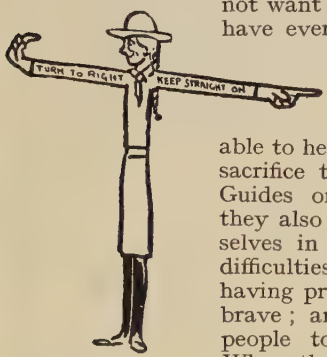
Why "Guides?"

On the North-West Frontier of India there is a famous Corps of soldiers known as the Guides, and their duty is to be always ready to turn out at any moment to repel raids by the hostile tribes across the Border, and to prevent them from coming down into the peaceful plains of India. This body of men must be prepared for every kind of fighting. Sometimes on foot, sometimes on horseback, sometimes in the mountains, often with pioneer work, wading through rivers and making bridges and so on. But they have to be a skilful lot of men, brave and enduring, ready to turn out at any time, winter or summer, or to sacrifice themselves if necessary in order that peace may reign throughout India while they keep down any hostile raids against it. So they are true handymen in every sense of the word and true patriots.

When people speak of Guides in Europe one naturally thinks of those men who are mountaineers in Switzerland and other mountainous places, who can guide people over the most difficult parts by their own bravery and skill in tackling obstacles, by helpfulness to those with them, and by their bodily strength of wind and limb. They are splendid fellows those guides, and yet if they were told to go across the same amount of miles on an

open flat plain it would be nothing to them, it would not be interesting, and they would not be able to display those grand qualities which they show directly the country is a bit broken up into mountains. It is no fun to them to walk by easy paths, the whole excitement of life is facing difficulties and dangers and apparent impossibilities, and in the end getting a chance of attaining the summit of the mountain they have wanted to reach.

Well, I think it is the case with most girls nowadays. They do not want to sit down and lead an idle life, to have everything done for them, or to have a very easy time. They don't want merely to walk across the plain, they would much rather show themselves handy people, able to help others and ready, if necessary, to sacrifice themselves for others just like the Guides on the North-west Frontier. And they also want to tackle difficult jobs themselves in their life, to face mountains and difficulties and dangers, and to go at them, having prepared themselves to be skilful and brave ; and also they would like to help other people to get over their difficulties also. When they attain success after facing difficulties, then they feel really happy and triumphant. It is a big satisfaction to them to have succeeded and to have made other people succeed also. That is what the Girl Guides want to do, just like the mountaineer guides do among the mountains.



Why " Guide " ?

Then, too, a woman who can do things is looked up to by others, both men and women, and they are always ready to follow her advice and example, so there she becomes a Guide too. And later on if she has children of her own, or if she becomes a teacher of children, she can be a really good Guide to them.

In fact, if one caricatured a Guide one would draw her thus :— " Turn to the right and keep straight on." And for these reasons the name Guide has been given to them.

By means of games and activities which the Guides practise they are able to learn the different things which will help them to get on in life, and show the way to others to get on also. Thus camping and signalling, first aid work, camp cooking, and all these things that the Guides practise are all going to be helpful to them afterwards in making them strong, resourceful women, skilful and helpful to others, and strong in body as well as in mind, and what is more it makes them a jolly cheery lot of comrades also.

"Be Prepared!"

The motto of the Guides on which they work is "Be Prepared," that is, be ready for any kind of duty that may be thrust upon them, and what is more, to know what to do by having practised it beforehand in the case of any kind of accident or any kind of work that they may be asked to take up. Thousands of women did splendid work in the Great War, but thousands more would have been able to do good work also had they only Been Prepared for it beforehand by learning up a few things that are useful to them outside their mere school work or work in their own home. And that is what the Guides are learning in all their games and camp work; they mean to be useful in other ways besides what they are taught in school.

How to Join

You join a company in your neighbourhood and become a member of one of the Patrols in it. A Patrol is a group of six or eight girls, under the command of a Patrol Leader. Each Patrol is called after a bird or a flower, and has that flower or bird embroidered on its flag. The Patrol is the team for play or for work, and each Patrol endeavours—or at least considers itself—to be the best in the Company.

If there is no Company in your neighbourhood you can become a "*Lone Guide.*" That is, you can make the promise, carry out the Guide Law and all the practices by yourself, and you can wear the uniform and win badges.

For this you must report and be registered. That is, if you cannot hear of a Guider near you, write to the Secretary at Headquarters, 17–19, Buckingham Palace Road, London, tell her where you live and she will put you in touch with the nearest Guider, who will register you and help you.

At first you are a Recruit until you pass your Tenderfoot tests. Then you can go on like this:—

Recruit.
Tenderfoot.
Second-Class Guide.
First-Class Guide.
Patrol Second.
Patrol Leader.
Ranger.

HOW TO BECOME A TENDERFOOT

(T.I.B.)

You must learn the *Guide Law.*

You must make the Guide's *Promise.*

You must learn the *Salute and the Woodcraft Signs* of the Guides.

You must understand how the *Union Jack* is made up, and how it should be flown.

You must be able to tie *knots* and know what they are used for ; any four of the following :—

reef-knot, sheet bend, clove-hitch, double overhand, fisherman's, sheepshank.

Must have one month's attendance.

This may seem to be rather a lot of things to learn, but they are really very easy, and I will show you in the next few pages how to do them without much trouble.

When you can do these you will no longer be a Recruit, you will be admitted into the Guides as a " Tenderfoot," and can then go on working up for your Second-Class, and so on to proficiency badges.

The Tenderfoot Badge Brooch

The Badge of the Girl Guides is the " Trefoil " (three leaves), which represent the three promises made on joining, as the three fingers held up in the salute also do.

The proper place for the Tenderfoot Badge is the tie, and it should be worn *nowhere else* on Guide uniform, except by Guiders and Leaders. This is the only Guide Badge which may be worn out of uniform. No Guider or Guide is entitled to wear the Tenderfoot Badge unless she has been enrolled.

THE GUIDE LAW

1. A Guide's Honour is to be Trusted

When a Guide says " It is so," everybody knows it is just as true as if she had taken a most solemn oath.

If a Guide is trusted on her honour to carry out an order or to perform a certain job, she is bound to do it to the very best of her ability, however difficult it may be.

If a Guide were to tell a lie, she would be breaking her honour, and letting down all the rest of her fellow-Guides.

2. A Guide is Loyal

to God and the King, to her parents and Guiders, to her friends and fellow-workers, and to those over and under her at school or at work. She must stand by them through thick and thin. She will never speak ill of them herself, and will stick up for them if she hears other people doing so.

3. A Guide's Duty is to be Useful and to Help Others

She is to do her duty before anything else, even though she gives up her own pleasure, or comfort, or safety to do it. When in difficulty to know which of two things to do, she must ask herself, "Which is my duty?"—that is, "Which is best for other people?"—and do that one. She must Be Prepared at any time to save life and to help injured persons. And *she should do at least one good turn* to somebody every day.

4. A Guide is a Friend to All, and a Sister to Every Other Guide, no matter to what Creed, Country, or Class the Other Belongs.

Thus, if a Guide meets another Guide, even though a stranger to her, she may speak to her, and help her in any way that she can, either to carry out the duty she is then doing, or by giving her food, or, as far as possible, anything that she may be in want of. A Guide must never be a SNOB. A snob is one who looks down upon another because she is poorer, or who is poor and resents another because she is rich. A Guide is like Kim—"Little friend to all the world."

5. A Guide is Courteous—

that is, she is polite to all—but especially to old people and invalids, cripples, etc. And she must not take any reward for being helpful or courteous.

6. A Guide is a Friend to Animals

She should save them as far as possible from pain, and should not kill any animal unnecessarily, not even the smallest of God's creatures.

7. A Guide Obeys Orders

of her parents, patrol leader, or Guider without question. Even if she gets an order she does not like she must do as soldiers and sailors do—she must carry it out all the same *because it is her duty*. After she has done it she can come and state any reasons against it; but she must carry out the order at once. That is discipline.

8. A Guide Smiles and Sings

under all difficulties. When she gets an order she should obey it cheerily and readily, not in a slow, hang-dog sort of way, and should sing even if she dislikes it.

When she is in trouble or in pain it will at once relieve her if she forces herself to smile—to "grin and bear it."

Guides never grumble at hardships, nor whine at each other, nor frown when put out.

A Guide goes about with a smile and singing. It cheers

her and cheers other people, especially in time of danger, for she keeps it up then all the same.

9. A Guide is Thrifty

She makes the most of her possessions, and does not waste anything ; she learns to spend her money wisely, and saves as much as she reasonably can, so that she may have money when out of work, and thus not make herself a burden to others, and that she may be able to help other people when they need it.

10. A Guide Keeps Herself Pure in Thought, Word, and Deed

She should train herself to look for what is beautiful in everything, so that she may become strong enough in her mind to avoid listening to, or taking part in anything that is ugly and unclean.

How Camping Teaches the Guide Law

Some years ago a man went out into the woods in America to try and see if he could live like the prehistoric men used to do ; that is to say, he took nothing with him in the way of food or equipment or even clothing—he went just as he was, and started out to make his own living as best he could. Of course the first thing he had to do was to make some sort of tool or weapon by which he could kill some animals, cut his wood and make his fire and so on. So he made a stone axe, and with that was able to cut out branches of trees so that he could make a trap in which he eventually caught a bear and killed it. He then cut up the bear and used the skin for blankets and the flesh for food. He also cut sticks and made a little instrument by which he was able to ignite bits of wood and so start his fire. He also searched out various roots and berries and leaves, which he was able to cook and make into good food, and he even went so far as to make charcoal and to cut slips of

" He went just as he was ! "

bark from the trees and draw pictures of the scenery and animals around him. In this way he lived for over a month in the wild, and came out in the end very much better in health and spirits and with a great experience of life. For he had learned to shift entirely for himself and to be independent of the different things we get in civilisation to keep us going in comfort.

That is why we go into camp a good deal in the Boy Scout and the Girl Guide movements, because in camp life we learn to do without so many things which while we are in houses we think are necessary, and find that we can do for ourselves many things

"You have not a whole cooking range."

where we used to think ourselves helpless. And before going into camp it is just as well to learn some of the things that will be most useful to you when you get there. And that is what we teach in the Headquarters of the Girl Guide Companies before they go out and take the field. For instance, you must know how to light your own fire; how to collect dry enough wood to make it burn; because you will not find gas stoves out in the wild. Then you have to learn how to find your own water, and good water that will not make you ill. You have not a whole cooking range or a kitchen full of cooking pots, and so you have to learn to cook your food in the simplest way with the means at your hand, such as a simple cooking pot or a roasting stick or an oven made with your own hands out of an old tin box or something of that kind.

Nature Study

It is only while in camp that one can really learn to study Nature in the proper way and not as you merely do it inside the school; because here you are face to face with Nature at all hours of the day and night. For the first time you live under the stars and can watch them by the hour and see what they really look like, and realise what an enormous expanse of almost endless space they cover. You know from your lessons at school that our sun warms and lights up a large number of different worlds like ours, all circling round it in the Heavens. And when you hold up a shilling at arm's length and look at the sky, the shilling

Green Caterpillar.

Pupa.

covers no less than two hundred of those suns, each with their different little worlds circling round them. And you then begin to realise what an enormous endless space the Heavens comprise. You realise perhaps for the first time the enormous work of God.

Then also in camp you are living among plants of every kind, and you can study them in their natural state, how they grow and what they look like, instead of merely seeing pictures of them in books or dried specimens of them in collections.

All round you, too, are the birds and animals and insects, and the more you know of them the more you begin to like them and to take an interest in them; and once you take an interest in them you do not want to hurt them in any way. You would not rob a bird's nest; you would not bully an animal; you would not kill an insect—once you have realised what its life and habits are. In this way, therefore, you fulfil the Guide Law of becoming a friend to animals.

Cabbage Butterfly.

By living in camp you begin to find that though there are many discomforts and difficulties to be got over, they can be got over

with a little trouble and especially if you smile at them and tackle them.

Then living among other comrades in camp you have to be helpful and do good turns at almost every minute, and you have to exercise a great deal of give and take and good temper, otherwise the camp would become unbearable.

(T.I.B.)

So you carry out the different laws of courteousness, of helpfulness, and friendliness to others that come in the Guide Law. Also you pick up the idea of how necessary it is to keep everything in its place, and to keep your kit and tent and ground as clean as possible; otherwise you get into a horrible state of dirt, and dirt brings flies and other inconveniences.

You save every particle of food and in this way you learn not only cleanliness, but thrift and economy. And you very soon realise how cheaply you can live in camp, and how very much enjoyment you can get for very little money. And as you live in the fresh, pure air of God you find that your own thoughts are clean and pure as the air around you. There is hardly one of the Guide Laws that is not better carried out after you have been living and practising it in camp.

THE GUIDE PROMISE

I promise on my honour to do my best—

1. To do my Duty to God and the King.
2. To help other people at all times.
3. To obey the Guide Law.

Duty to God

An old British chieftain, some thirteen hundred years ago, said: "Our life has always seemed to me like the flight of a sparrow through the great hall, when one is sitting at meals with the log-fire blazing on the hearth, while all is storm and darkness outside. He comes in, no one knows from where, and hovers for a short time in the warmth and light, and then flies forth again into the darkness. And so it is with the life of a man; he comes no one knows from where; he is here in the world for a short time, till he flies forth again, no one knows whither. But now you show us that if we do our duty during our life we shall not fly out into darkness again, when life is ended, since Christ has opened a door, for us to enter a brighter room, a heaven where we can go and dwell in peace for ever."

This old chief was speaking for all the chiefs of northern England when King Edwin had introduced to them a knowledge of the

Christian religion; and they adopted it then and there as one more comforting to them than their old Pagan worship of heathen gods; and ever since those days the Christian religion has been the one to rule our country.

Religion seems a very simple thing:

1st. To trust in God.
2nd. To do good to other people.

The Knights

The old knights, who were the scouts of the nation, were very religious. They were always careful to attend religious service, especially before going into battle or undertaking any serious difficulty. They considered it was the right thing always to be prepared for death. In the great church of Malta you can see to-day where the old knights used to pray, and they all stood up and drew their swords during the reading of the Creed, as a sign that they were prepared to defend the gospel with their swords and lives. Besides worshipping God in church, the knights always recognised His work in the things which He made, such as animals, plants, and scenery. And so it is with the Guides to-day, that wherever they go they love the woodlands, the mountains, and the prairies, and they like to watch and know about the animals that inhabit them, and the wonders of the flowers and plants. No man is much good, either to himself or to others, unless he believes in God and obeys His laws. So every Guide should have a religion.

There are many kinds of religion, so, when you meet a girl of a different religion from your own, you should not be hostile to her, but recognise that she is still serving the same king as you, and all who honestly feel that they can take the promise to do their best to "do their duty to God" are welcomed in our Movement, knowing that having made this promise they will live up to the highest, as they know it. In this way may brotherly love and unity be brought nearer year by year.

In doing your duty to God always be grateful to Him. Whenever you enjoy a pleasure or a good game, or succeed in doing a good thing, thank Him for it, if only with a word or two, just as you say grace after a meal. And it is a good thing to bless other people. For instance, if you see a train starting off, just pray for God's blessing on all that are in the train.

In doing your duty towards man be helpful and generous, and also always be grateful for any kindness done to you, and be careful to show that you are grateful.

How to become a Star

Remember that a present given to you is not yours until you

have thanked the giver for it. While you are the sparrow flying through the hall, that is to say, while you are living your life on this earth, try and do something good which may remain after you. One writer says :

" I often think that when the sun goes down the world is hidden by a big blanket from the light of heaven, but the stars are little holes pierced in that blanket by those who have done good deeds in this world. The stars are not all the same size ; some are big, some little, and some men have done great deeds and others have done small deeds, but they have made their hole in the blanket by doing good before they went to heaven."

Try and make your hole in the blanket by good work while you are on the earth.

IT IS SOMETING TO BE GOOD, BUT IT IS FAR BETTER TO DO GOOD.

Duty to King and Empire

Have you ever thought what we owe to those brave old sea dogs, our forefathers, who went exploring across uncharted seas in tiny ships to find new lands for us to colonise. With our brothers and sisters in those great states, we are now one big family, or commonwealth, with so many off-shoots from the family tree that we might well call it " Brancia."

Britain.
Australia.
New Zealand.
Canada.
India.
Africa.

Our Empire is like a bundle of sticks, it might be fairly easy to break if you take each one separately, but when they are all bound tightly together by the bond of patriotism the whole bundle is unbreakable.

That cord of patriotism is represented by our King. So long as every one of us tries his or her very best to carry out what is wanted by her King and country, so long will our nation remain strong, happy, and prosperous.

A girl was asked the other day where she was born.

" In Kent."

" Are you not proud to be an English girl ? "

" Well—I would be just as proud to be Scotch, or Irish, or Welsh, but what I am proud of is that I belong to the British Empire."

Are you like her ? Well then, T.I.B. and *look* proud !

SIGNS AND SIGNALS

The Guides' Salute or Greeting Sign

The right hand raised level with shoulder, palm to the front, thumb resting on the nail of the little finger, and the other three fingers upright pointing upward.

That is the Guide salute or sign of greeting.

When the hand is raised shoulder-high, it is called the "half salute"; when raised to the hat it is the full salute.

The three fingers held up (like the three points of a Guide Badge) remind her of her three promises in the Guide Promise.

1. To do her duty to God and King.
2. To help others.
3. To obey the Guide Law.

When a guide meets another for the first time in the day, whether she is a comrade or a stranger, she salutes with the sign and the half salute.

She always salutes a Patrol Leader or a Guider with the full salute.

Also the hoisting of the Union Jack, the colours of a regiment, or of a Guide Company or Scout Troop, the playing of God Save the King.

When the National Anthem is played in church the Guides do not salute, but merely stand at the "alert."

Not the best way to salute.

When marching in Company or Patrol formation Guides do not salute with the hand. When passing other companies or Guiders, the Guider or Patrol Leader in charge alone will salute with the hand, at the same time giving the command, "Eyes right," or "Eyes left," as the case may be, on which every Guide will turn her head sharply in that direction till the word is given: "Eyes front."

It is more than ever necessary to hold yourself smartly when giving the sign, otherwise you would make a very slovenly show of it.

Woodcraft Signs

Scout signs on the ground or wall, etc., close to the right-hand side of the road.

Road to be followed.

Turn to the right.

Trees blazed with axe, paper or chalk.

Scratch or chalk on ground.

Grass or twigs.

Stones.

Letter hidden five paces from here in the direction of the arrow.

This path not to be followed.

Stop.

"I have gone home."

At night sticks with a wisp of grass round them or stones should be laid on the road in similar forms so that they can be felt with the hand.

[*Practise this.*]

Signals and Signs

When a Guider wants to call her Guides together she sounds her whistle. Then they *double* to the Guider.

Whistle signals are these :—

A short blast means "Hi," "Attention."

One long blast means "Halt," "Silence," "Alert," "Look out for my next signal," or "Cease."

A succession of long, slow blasts means "Go out," "Get farther away," or "Advance," "Extend," "Scatter."

A succession of short, sharp blasts means "Rally," "Close in," "Come together," "Fall in."

A succession of short and long blasts alternately means "Alarm," "Look out," "Be ready," "Man your alarm posts."

Three short blasts followed by one long one from the Guider calls up the patrol leaders—that is, "Leaders come here!"

Any whistle signal must be instantly obeyed at the double as fast as ever you can run, no matter what other job you may be doing at the time.

Hand signals (which can also be made by patrol leaders with their patrol flags when necessary) :—

Hand waved several times across the face from side to side or flag waved horizontally from side to side opposite the face, means " No," " Never mind," " As you were."

Hand or flag held high and waved very slowly from side to side at full extent of arm, or whistling a succession of slow blasts means " Extend," " Go farther out," " Scatter."

Hand or flag held high and waved quickly from side to side at full extent of arm, or whistling a succession of short, quick blasts, means, " Close in," " Rally," " Come here."

Hand or flag pointing in any direction means " Go in that direction."

Clenched hand or flag jumped rapidly up and down several times means " Run."

Hand or flag held straight up over head means " Stop," " Halt."

When a leader is shouting an order or message to a Guide who is some way off, the Guide, if she hears what is being said, should hold up her hand level with her head all the time. If she cannot hear she should stand still, making no sign. The leader will then repeat louder, or beckon to the Guide to come in nearer.

Observation

Stalking.—A Guide has to be sharp at seeing things if she is going to be any good as a Guide. She has to notice every little track and every little sign, and it is this studying of tracks and following them out and finding out their meaning which we include under the name of stalking. For instance, if you want to find a bird's-nest you have to stalk. That is to say, you watch a bird flying into a bush and guess where its nest is, and follow it up and find the nest. With some birds it is a most difficult thing to find their nests ; take, for instance, the skylark or the snipe. But those who know the birds, especially the snipe, will recognise their call. The snipe when she is alarmed gives quite a different call from when she is happy and flying about. She has a particular call when she has young ones about. So that those who have watched and listened and know her call when they hear it know pretty well where the young ones are or where the nest is and so on.

Tracking.—The native hunters in most wild countries follow their game by watching for tracks on the ground, and they become

so expert at seeing the slightest sign of a footmark on the ground that they can follow up their prey when an ordinary civilised man can see no sign whatever. But the great reason for looking for signs and tracks is that from these you can read a meaning. It is exactly like reading a book. You will see the different letters,

A few tracks which you may see some day.

each letter combining to make a word, and the words then make sense; and there are also commas and full-stops and colons; all of these alter the meaning of the sense. They are all little signs which one who is practised and has learnt reading makes into sense at once, whereas a savage who has never learned could make no sense of it at all. And so it is with tracking.

Reading Signs.—As you know a soldier Scout in war can only get his information about the enemy by watching for the smallest signs both on the ground and in the far distance. In the war in America of Texas against Mexico in the last century, it was very important that the general commanding the Mexican Army should be captured when the defeat of that army was accomplished by the Texans. He had disappeared; but some of the Scouts of the Texan force were out scouting for the enemy when they saw in the distance some deer were suddenly startled by something they could not see and ran away. The Texan Scouts were at once suspicious, and went to the spot as fast as they could. There they found a soldier of the Mexicans evidently trying to escape. When they caught him and opened his tunic they found underneath he was wearing a silk shirt, which was not usual with a private in the Army. They took him to Headquarters, and there found that he was the Commander-in-Chief of the Mexican Army, trying to escape disguised as a soldier. And had it not been that they had noticed the deer being startled, it is probable that they would not have caught him.

Sherlock Holmesing.—In just the same way detectives, when they are following up a crime, have to act on the very smallest clues, and if they did not use their wits and notice these the criminal would probably escape.

Well, I want Girl Guides to learn to be almost like detectives in their sharpness in noticing small signs and reading the meaning

of them, not merely for the purpose of studying animals and birds, but also for studying their human fellow creatures.

It is by noticing small signs of distress or poverty in people that you can often help them in the best way. Generally those people who most need help are the ones who hide their distress ; and if you are clever and notice little signs such as unhappiness, you can then give them or offer them help in some way or other. In this way you learn sympathy for fellow-creatures—not merely to be a friend of animals, but also to be a friend of your fellow-men in this world ; and that again is carrying out the Guide Law of helping others and being friendly to all.

Nature in the City.—This noticing of small things, especially in animal life, not only gives you great interest, but it also gives you great fun and enjoyment in life. Even if you live in a city you can do a certain amount of observation of birds and animals. You would think there is not much fun to be got out of it in a murky town like London or Sheffield, and yet if you begin to notice and know all about the sparrows you begin to find there is a great deal of character and amusement to be got out of them, by watching their ways and habits, their nesting, and their way of teaching their young ones to fly.

Dissecting.—If you go to the butcher's and get him to give you a sheep's foot and you carefully open it up with a sharp penknife you will see how wonderfully every bone and joint and sinew is made and fitted into the machine which enables the foot to move and the sheep to get along. Then, if you think it out, you know that if you go away across the sea to the other end of the world, to Australia or New Zealand, and take a sheep's foot there and dissect it in the same way you find it exactly and identically the same over there as it is here. God's work is the same all over the world. People don't notice these things and don't think about them as a rule, and when you begin to think it out you begin to see what a wonderful work it is of God's, who made all these different animals in their own form, all alike, and yet so different from the other kind of animals, fishes, or birds. You begin to realise then what a wonderful Creator has made the world and all that is in it.

OUR FLAG

Guides in uniform will always salute the colours (or standard) of a regiment when they pass. There are generally two such standards, one the " King's Colour," and the other the " Regimental Colour."

The Royal Navy flies the White Ensign ; no one else is allowed to except yachts belonging to the Royal Yacht Squadron. The White Ensign is a white flag with the Red Cross of St. George

on it and a Union Jack in the corner. It is flown at the stern of the ship, a small Union Jack at the bow.

Men-of-war carry a pennant, i.e. a long thin flag like a whip lash.

The mercantile navy flies the Red Ensign. If the captain of a merchant ship is either a retired Naval Officer or Royal Naval Reserve Officer, he is entitled to use the Blue Ensign if 10 officers and men (inclusive of all officers or ratings) besides himself belong to the Royal Naval Reserve.

The Army and Government buildings fly the Union Jack.

The Royal Standard, which shows the Lions of England, the Harp of Ireland, and the Lion of Scotland, is only flown when the King or Queen is present.

The Union Jack is the national flag of the British Empire, and is made up of the flag of St. George, a red cross on a white ground. In 1606 King James I added to it the banner of Scotland, which was a blue flag with a white St. Andrew's Cross diagonal, that is, from corner to corner.

In 1801 the Banner of St. Patrick of Ireland was added to the flag; St. Patrick's Cross was a red diagonal cross on a white ground, so that the flag now means the union of England, Ireland, and Scotland.

But there is a right way and a wrong way of putting it up, which all of you ought to know and understand, because so very frequently one sees it hoisted the wrong way up, which literally means that you are in distress; but people put it that way by mistake or from ignorance. You will notice that the red diagonal arms of the flag have a narrow white band on one side of them and a broad one on the other. Well, the broad one should be to the top of the flag on the side nearest to the flag-post, that is, the "hoist" of the flag, and towards the bottom of the flag in the loose end, or, as it is called, the "fly" of the flag (see picture, page 27).

It was called a "Jack," either from "Jacques," the nickname of King James I, who first started it, or more probably, from the "jack" or "jacket" which the knights used to wear over their armour to show which nation they belonged to. The English knights wore a white Jack with the red cross of St. George upon it. This was also their flag.

If a flag is flown upside down it is a signal of distress. If it is half-mast it is a sign of mourning.

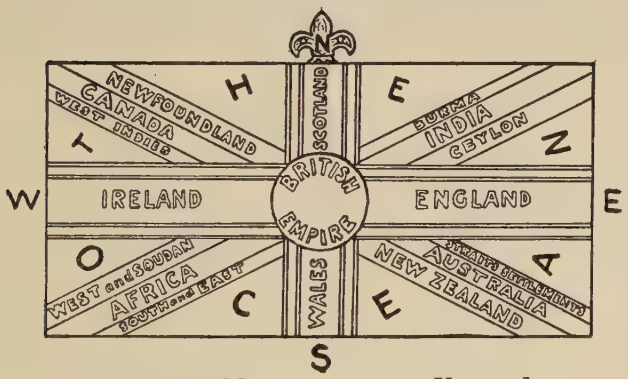
The 24th of May, the birthday of the great Queen Victoria, is "Empire Day," and we all hoist the flag and salute in special honour of the Empire on that occasion.

As it is also the "Girl Guides' Day" we Guides also give it special honour.

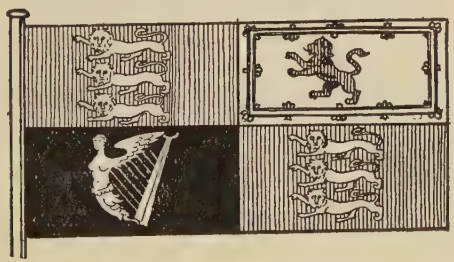
Remember it is going to be the business of every one of you to keep the old flag flying.

The Union Jack stands for something more than only the Union of England, Ireland, and Scotland—it means the Union of Great Britain with all our Dominions across the seas; and also it means closer comradeship with our brothers and sisters in those Dominions, and between ourselves at home. We must all be bricks in the wall of that great edifice—the British Empire—and we must be careful that we do not let our differences of opinion on politics or other questions grow so strong as to divide us. We must still stick shoulder to shoulder as Britons if we want to keep our present leading position among the nations; and we must make ourselves the best nation in the world for honour and goodness to others so that we may DESERVE to keep that position.

"Unite the Empire; make it stand compact,
Shoulder to shoulder let its members feel
The touch of British Brotherhood, and act
As one great nation—strong and true as steel."



THE IMPERIAL MEANING OF THE UNION JACK.



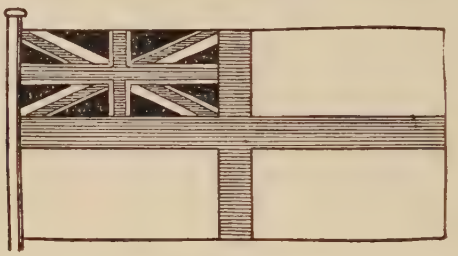
THE ROYAL STANDARD.

The other National Flags of Great Britain besides the Union Jack are the following.

1. The Royal Standard, which is only flown where the King himself is present. It is quite wrong to fly it in the streets or over houses, etc.

Do you think it a fine standard ? If so then—T.I.B.

2. The White Ensign, the Cross of St. George with the Union Jack in the top left-hand corner. This flag may only be flown by the Royal Navy. It is quite wrong for anyone else to fly it.



The White Ensign.

3. The Red Ensign, a red flag with the Union Jack in the top left-hand corner. This is the flag that any Briton may fly, and does not mean either Army or Navy.

The Red Ensign

4. The Blue Ensign, a blue flag with the Union Jack in the top left-hand corner. This is flown by ships which belong, or whose captains belong, to the Royal Naval Reserve. It may not be flown by anybody else.

Practise Making the Union Jack

This can be done with a piece of blue cloth and crosses cut in the patterns (see page 26), each piece being taken charge of and put into its place by a separate patrol.

This could be made into a ceremonial performance for a show parade.

The blue flag is laid first to represent the ocean, followed by the crosses of St. Andrew, St. Patrick, and St. George, overlaying each other in the order named.

Practise Hoisting the Flag

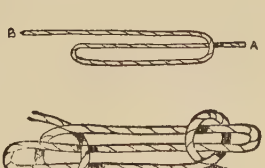
With toggle (button) and strop (loop) and halyards. Show how the halyard on the hoist should be left somewhat loose in stormy weather to save strain on the material of the flag. Show also how to furl the flag and hoist it to the masthead, fastened with a slip-knot by which it can be " broken out " when required.

KNOTS AND HOW TO TIE THEM

1. The Reef Knot, for tying two ropes together. Being a flat knot, it is much used in ambulance work. The best simple knot, as it will not slip and is easy to untie.

2. Sheet Bend, for tying two rope-ends together. Make loop A B with one rope and pass rope-end C through and round whole loop and bend it under its own standing part.

3. Half Hitch, made by passing rope-end round standing part and behind itself. If free end is turned back and forms a loop the hitch can be easily loosened. A double half hitch is required to make a secure knot.

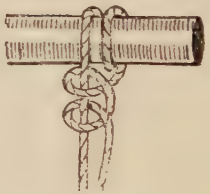


4. The Sheep Shank, for shortening ropes. Gather up the amount to be shortened as in first illustration. Then with parts A and B make a half hitch round each of the bends, as in finished drawing.

5. The Bowline, a loop that will not slip, to tie round a person being lowered from a building, etc. Form a loop, then in the standing part form a second and smaller loop. Through this pass the end of the large loop and behind the standing part and down through the small loop.

6. Clove Hitch, for fastening a rope to a pole. Either end will stand a strain without slipping, either lengthways or downwards.

7. Fisherman's Knot, used to tie two lines or ropes of different sizes together A knot quickly made and is easy to undo, the ends being simply pulled apart.



8. Round Turn and Two Half-Hitches This is another way of securing a rope's end to a post. It does not easily jam.

While making your knots T.I.B.

DRILL AND EXERCISE

Guides learn drill to enable them to be moved quickly from one point to another in good order. Drill also sets them up, and makes them smart and quick.

It strengthens the muscles which support the body, and by keeping the body upright the lungs and heart get plenty of room to work, and the inside organs are kept in the proper position for good digestion of food, and so on. A slouching position, on the other hand, depresses all the organs, and prevents them doing their work properly, so that a stooping person is generally weak and often ill. Growing girls are very apt to slouch, and should therefore do all they can to get out of the habit by plenty of physical exercises and drill.

Stand upright when you are standing, and when you are sitting down sit upright, with your back well into the back part of the chair. At all times Brace Your Back Muscles—B.Y.B.M.

" Growing girls are very apt to slouch."

On the word " Alert," the Guide stands upright with both feet together, hands hanging naturally at the sides, fingers straight, and looking straight to her front.

(T.I.B. and B.Y.B.M.)

On the command " Quick March," girls move off with the left foot leading at a smart pace, swinging the arms freely, as this gives good exercise to the body and muscles and internal organs.

At the command " Double," girls run at a jog trot with short, sharp steps, hands swinging loosely, not tucked up at the side.

On the command " Scouts' pace," the girls march at the quick march for twenty paces, then double twenty paces, and so on alternately running and walking ; this enables you to go long distances at fast pace without exhaustion.

" Right turn," each girl turns to the right.

" Follow your leader," " Leader right turn "—the leading girl turns to her right, the remainder move up to the place where she turned, and then follow after her.

" Front form line " (when " following the leader "). Those in rear run up and form in line alongside the leader on her left.

A Guide will never build up a healthy, sound body if she is not prudent about her health. Elder girls can easily help the younger ones by leading them to tell of their state, and should urge them not to go long marches if they are not fit, or allow their feet to remain damp or cold at such times, as it is very bad for them. They may not feel it at the time, but it may lead to illnesses years afterwards. It is their duty to promote their

health, and to nurse it into a good sound condition, which will make them hardy in after life.

Chest Development Exercise

Cross-legged sitting.

At the order *Chest lift*—raise the head and chest from the ground, keeping the chin well in, feet remaining on ground.

At the order *Rest*—relax to original position. Repeat three times.

Object of Exercise.—Chest expansion and strengthening of upper back and shoulder muscles.

Toe Touching Exercise

Care should be taken to keep the body upright, the head well pressed back, shoulders down, and waist in. Stand erect with feet slightly apart. On the order *Arms forward and upward swing*—swing both arms forward and upward to position shown in the diagram. On the order *Trunk forward and downward bend,* bend slowly forward, keeping knees stiff until the finger-tips touch the ground (if possible), keeping the head between arms. On the order *Trunk upward raise*—still keeping the knees stiff, slowly raise to erect position, arms falling naturally to sides (see diagram).

Repeat three times.

Object of Exercise.—To relax and st engthen muscles of back, and to stretch and strengthen muscles at back of leg.

Spring Sitting Exercise

Stand erect with heels together and toes apart, hands on hips, the elbows out at right angles with the sides. On the order *Heels raise, knees slowly outward bend*—rise on tiptoe and slowly bend the knees outward, keeping the heels together, body erect, and elbows straight. On the order *Knees stretch,* slowly rise and heels sink. On the final order—*Arms downward stretch*—arms fall to sides.

Object of Exercise.—The strengthening of the leg, thigh, and back muscles, promotion of good balance and the strengthening of feet and ankles.

Investiture of Guides

Ceremonial for a Tenderfoot to be invested as a Guide.

The Company is formed in a horseshoe formation, with Captain and Lieutenant in the gap.

The Tenderfoot with her Patrol Leader stands just inside the circle, opposite to the Captain. When ordered to come forward by the Captain, the Patrol Leader brings the Tenderfoot to the centre. The Captain then asks : " Do you know what your honour is ? "

The Tenderfoot replies : " Yes. It means that I can be trusted to be truthful and honest." (Or words to that effect.)

" Do you know the Guide Law ? "—" Yes."

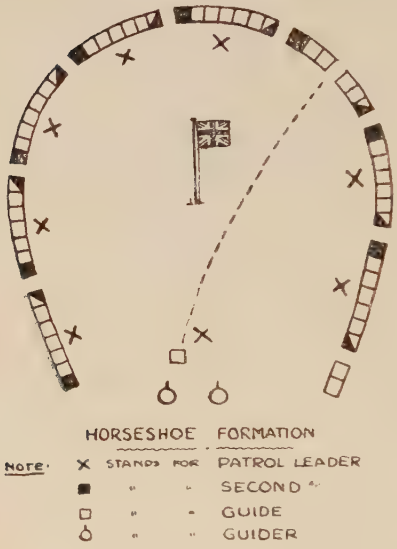
" Can I trust you, on your honour,

1. To do your duty to God and the King ?
2. To help other people at all times ?
3. To obey the Guide Law ? "

Tenderfoot then makes the half salute, and so do the whole Company whilst she says :

" I promise, on my honour, to do my best

1. To do my duty to God and the King.
2. To help other people at all times.
3. To obey the Guide Law."



Captain: "I trust you, on your honour, to keep this promise, and to try to do at least one Good Turn every day."

The Captain then pins on the Tenderfoot badge, and says: "You are now one of the great sisterhood of Guides."

The Captain then shakes hands with her with the left hand.

The new Guide faces about and salutes the Company.

The Company returns the salute.

The Captain gives the word, "To your patrol, quick march."

The new Guide and her Patrol Leader march back to their patrol.

THE PATROL

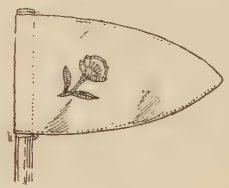
When you join a Company you become a member of one of the Patrols in it.

A Patrol is a party of six or eight Guides who work together as Comrades under a girl who is the Patrol Leader.

The Patrol Leader has an assistant called a "Second." All Guides must obey the Leader and Second.

Each Patrol is called after a bird or flower, and the Leader has a little flag with that bird or flower embroidered on it.

When the Guides first started Patrols were only called after flowers, but there were many girls who felt that though a flower is very pretty and gives out a sweet influence round it, it doesn't last long, nor does it, as an American would say, "hustle around and *do* things"; they wanted something more active as their emblem. And so now a patrol can choose which it likes, a bird or a flower.



Each Patrol Leader has a small white flag on a staff, ten inches deep, with the crest of her patrol in cloth stitched on to it on both sides.

Each patrol is named after a flower or a bird.

Each member of the Patrol wears a Shoulder-knot the colour of her patrol, and an emblem badge sewn over her left pocket-flap.

Every guide is expected to know all about the life-history of the emblem of her Patrol. If it is a flower, what it looks like, when and where it blooms, and she should, if possible, grow it herself. If the emblem is a bird the Guide should know what it looks like and what is its call or song. She should know where to look for its nest, and what coloured eggs it has. When it migrates, etc. Ranger Patrols may choose tree emblems if they wish.

The following are some of the emblems and their colours :—

BIRD EMBLEMS

Birds.	*Shoulder Knots.*
Bantam.	Red and Yellow.
Blackbird.	Black and Yellow.
Blue Tit.	Blue and Yellow.
Bullfinch.	Black and Red.
Canary.	Yellow and White.
Chaffinch.	Grey and Pink.
Kingfisher.	Blue and Brown.
Nightingale.	Grey and Yellow.
Robin.	Brown and Red.
Skylark.	Grey and Brown.
Sparrow.	Black and Brown.
Swallow.	Dark Blue and White.
Thrush.	Brown and Yellow.
Wren.	Brown.

FLOWER EMBLEMS

Flowers.	*Shoulder Knots.*
Bluebell.	Green and Blue.
Buttercup.	Yellow.
Buttercup and Daisy.	Yellow and White.
Clover.	Green and Mauve.
Cornflower.	Royal Blue.
Daffodil.	Yellow and Dark Green.
Daisy.	Pink and White.
Dandelion.	Dark Green and Yellow.
Forget-me-not.	Pale Blue and White.
Fuchsia.	Dark Red and Royal Blue.
Heather.	Purple and Green.

FLOWER EMBLEMS—continued

Flowers.	*Shoulder Knots.*
Holly.	Red and Green.
Honesty.	Purple and Yellow.
Iris.	Purple and White.
Ivy.	Green.
Lily.	White and Yellow.
Lily of the Valley.	White and Green.
Marguerite.	Dark Green and White.
Mistletoe.	Green and White.
Orchid.	Mauve and Yellow.
Pansy.	Brown and White.
Poppy.	Bright Red and Black.
Primrose.	Yellow.
Red Rose.	Dark Green and Red.
Scarlet Pimpernel.	Scarlet.
Shamrock.	Green.
Snowdrop.	Green and White.
Speedwell.	Blue and Green.
Sunflower.	Dark Brown and Yellow.
Thistle.	Green and Purple.
Violet.	Violet.
White Heather.	Green and White.
White Rose.	Green and White.

Oak.

Daffodil.

Marguerite.

Forget-me-not.

Poppy.

Lily of the Valley.

Primrose.

Snowdrop.

FLOWERS.

Sparrow.

Robin.

Wren.

Bantam.

Swallow.

Thrush.

Nightingale.

Skylark.

BIRDS.

A Cuckoo Patrol

A jay is a showy, gaudy kind of bird and, like her bigger friend the peacock, has a rasping, raucous voice, and she eats other birds' eggs, and generally does more harm than good in the world. There are human jays and peacocks, but you won't find them among the Guides. The cuckoo is a curious bird of another kind. She makes herself out to look rather like a hawk, and rather like a dove, you don't know whether she is very bold or very peaceful; at any rate she lets you know that she's there. She uses her voice freely. But she's a lazy beggar, doesn't bother to make a nest of her own, but goes and puts her eggs in other birds' nests—rather deceitful, because she often makes her eggs match those in the nest she is using—gives them all the trouble of bringing up her young ones. She leaves them and goes off South in July, before her offspring can fly with her. In fact, she is a fraud, she imitates others and swaggers a lot for a short time, but she doesn't do any real work.

Sometimes there have been imitation Girl Guides, who dressed themselves up in our uniform, gave themselves similar badges, swanked about for a bit, but never really grasped the Guide spirit, nor did Guide work, and so they won for themselves the name of cuckoo.

The Patrol Spirit

So don't belong to a cuckoo patrol and don't be a jay.

If you are the Guide I expect you to be, you will start to work to make your own patrol the best in the company, and to make yourself the best Guide in the Patrol—for smartness, for efficiency, and for happiness. (I wouldn't give tuppence for you if you are not jolly and laughing.)

CHAPTER VII

THE SECOND CLASS GUIDE

How to become a Second Class Guide

I. Intelligence.

Must have passed Tenderfoot tests.

Have a further knowledge of the Guide Law.

Signal the alphabet in Morse (both reading and sending).

Be able to recognise 12 living things in their natural surroundings, to include any of the following: animals, birds, fish, insects, reptiles, trees, plants or constellations. Discover by observation something of interest about each.

Know how to stalk and track, or (for town girls only) street observation of shops, people, or routes of buses.

II. Handcraft.

Use seven of the following knots—reef, sheet-bend, clove-hitch, timber-hitch, bowline, sheep-shank, fisherman, round turn and two half-hitches, packer's knot and square lashing.

Lay and light a fire, using not more than two matches.

III. Health.

Know why it is necessary to have a good carriage, and the main things to aim at in order to have good posture, and show she has achieved this as far as possible. She should be passed by the Court of Honour for her good idea of carriage and her neat personal appearance.

Cover a mile (Scout's pace) in not less than 12 minutes, 30 seconds error allowed either way;

or,

Have done four walks of at least three miles.

Know the Rules of Health.

IV. Service.

Show how to treat simple cuts, burns and fainting, and how to stop bleeding (with pad and bandage on the wound only) and choking; apply large arm sling and bandage a sprained ankle.

Make a Morse signalling flag (24 in. by 24 in.), or alternatively make some other article useful to the company.

Strip and make a bed properly.

SIGNALLING.

The Morse Alphabet

In the Morse Code letters are formed by dots and dashes. Written down they look like this • — (A), — • • • (B), and so on. The question is, how can you show a dot by waving a flag, or a dash by flashing a light? Well, it is all a matter of long and short pauses. Whatever way you are sending remember that a dash takes three times as long to make as a dot. You can see that easily if you look at the Morse signs written. Here's a dot • and here is a dash — just three times as long. So it is if you are sending in Morse by flashing a light. If you show the light while you count "*one,*" to make a dot, how long must you show the light to make a dash? Why, while you count "*one, two, three,*" of course. But before I tell you any more about the different ways of sending, you must learn the alphabet in Morse. What I have already told you is only to get it well into your head that whatever way you are sending, and whatever speed, *a dash is always three times the length of a dot.* If you don't remember that, no one will ever be able to read your messages, whatever way you send.

THE MORSE ALPHABET.

A • —	J • — — —	S • • •
B — • • •	K — • —	T —
C — • — •	L • — • •	U • • —
D — • •	M — —	V • • • —
E •	N — •	W • — —
F • • — •	O — — —	X — • • —
G — — •	P • — — •	Y — • — —
H • • • •	Q — — • —	Z — — • •
I • •	R • — •	

Numerals

1	• — — — —	6	— • • • •
2	• • — — —	7	— — • • •
3	• • • — —	8	— — — • •
4	• • • • —	9	— — — — •
5	• • • • •	0	— — — — —

As it is most important that the figures in a message should be correctly received, each is provided with a "check" letter, by which letters all figures occurring in a message are answered. These check letters are as follows :—

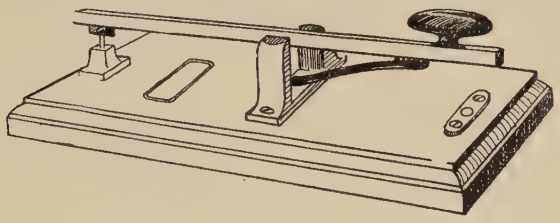
1	is checked by	A. (• —)	6	is checked by itself	(— • • • •)
2	„ „	U. (• • —)	7	„ „	B. (— • • •)
3	„ „	V. (• • • —)	8	„ „	D. (— • •)
4	„ „	itself (• • • • —)	9	„ „	N. (— •)
5	„ „	E. (•)	0	„ „	T. (—)

Some people find it easier to remember the dots and dashes by picturing them as forming the letters—thus :—

It is good practice to write letters, or notes that you want to keep private, in Morse. Also get other people to write to you in Morse. You will very quickly learn to read and write (or send) the letters quite easily.

The Dummy Key.—Now that you know the alphabet it is only a matter of practice to be able to read and send quickly. The

easiest way to practise, both for getting the alphabet firmly into your head, and also for practising the correct pause, is to use a dummy key like this :—



You know that a dot is called " tivet " and a dash " tikka." That is because they key makes a noise like those two words—try, and you will see. Press the knob several times, quickly and sharply, and it will say " tivet, tivet, tivet." Now press it slowly—that is, keeping the knob down with your hand just three times as long as before, and then letting go, and it will say " tikka."

Now, you see, you know how to make a dot and a dash. So think of a letter and say it to yourself in Morse, like this : " Tikka, tikka, tivet " (that's G), and make it on the key. Now that you can make a letter, try a word. And remember that *at the end of each letter* you must make a pause as long as a dash. Here is a word in Morse : " Tikka, tikka, tivet (pause), tivet, tivet (pause), tivet, tikka, tivet (pause), tivet, tikka, tivet, tivet." That spells " Girl." Go on practising words on the dummy key till you are *quite used* to sending and reading before you start with the flags, and practise tapping with your knife in odd moments, or winking with your eyes (calling the right eye " tikka " and the left "tivet "), or just saying words to yourself in " tivet, tikka," language as you go to school or lie in bed. When you can send words, try sending sentences. But remember to make a pause at the end of the word three times the length of a dash. Another important thing to remember, whatever way you are sending, is to go right ahead *continuously* from start to finish, in making a letter. If you stop in the middle, the person who is reading will think you meant to make two letters. Like this : if you were sending C (which is — • — •), and you made half (— •) and then paused, and then sent the second half (— •), they would think you meant to send N, N.

Once you can send and read with the dummy key you can try the other ways—with a telegraph buzzer or a flashlight, or with the flags or by whistle.

Flag Signalling.—The first thing to learn is to hold the flag right. Get in the "prepare to signal" position, exactly like this picture.

At the command "Ready" shoot the flag up smartly slantwise above your left shoulder, keeping the point slightly to your front like this :—

Your left hand holds the end of the pole, and your right hand is just above it, the thumbs laid up the pole with the thumb of your left hand on a line with your mouth, eight inches in front of it. Do not grasp your pole tightly, and remember that the left hand does all the work, the right hand just acting as a pivot.

I knew some boys once who taught themselves Morse signalling but they did it all backwards, because they began by pointing the flag over their *right* shoulder and bringing it down to the left.

Now make a dot. That is, bring your flag across with a sharp movement, so that it is above your right shoulder with the point slightly to the front, and back again.

The dot is not made till you have moved the flag there *and back* quickly without a pause.

Practise making dots till you are tired. Now try the dash.

To make a dash bring the flag lower than you do for the dot, so that it comes slantwise just below your right shoulder, pointing slightly outwards towards your front. And when it has

got there *don't* make a pause, but bring it smartly back, by drawing it towards yourself, and then up to the "Ready" position it started from, above your left shoulder.

Now make a lot of dashes. Now some mixed up with dots. When you are quite used to wagging the flag make words as you did with the key—still saying "tivet, tikka" to yourself. At

the end of each word bring your flag smartly back to the "prepare to signal," as in the first picture.

Remember that, in making a letter, whether it is made up of dots or of dashes, or of both, there must be no pause anywhere till the letter is finished; the flag must be kept fluttering all the time. In making both dots and dashes you must describe a figure eight with the point of your pole, otherwise the flag will soon get furled up and so become invisible at a distance.

When using the flag the movement must be made with the wrists, not with the arms, and the thumb of your left hand must always be kept level with your mouth, even when you are making a dash.

Folding the Flag.—To fold the flag, hold the pole in the right hand, under the armpit, but sticking out at the back, seize the left top corner of the flag, folding it diagonally across to the right bottom corner, and taking care that the two ends of the tape are clear, then by a twisting movement roll the folded flag round the pole, and secure the end by passing the end underneath the last turn.

When you are talking to a soldier back from the front he will often use strange words that you don't at first understand, such as "Blighty" meaning England, "roti" meaning bread, and so on. One soldier's phrase is to speak of 4 p.m. as 4 "Pip Emma." Well, that comes from the signaller's way of pronouncing the alphabet, and this you have to learn. As it only affects a few letters it is quite easy.

A is called	*Ack.*	J is called	*Johnny.*
B " "	*Beer.*	P " "	*Pip.*
C " "	*Charlie.*	M " "	*Monkey.*
D " "	*Don.*	Q " "	*Queen.*
E " "	*Edward.*	S " "	*Sugar.*
H " "	*Harry.*	T " "	*Toc.*
I " "	*Ink.*	V " "	*Vick.*

Some Miscellaneous Signals

AAA. When used in the text of a message, this means "full stop"; it is also used as a separative sign between the "number of groups" and the reference line in message form when the message is to be sent in plain language.

AR. End of message.

BT. Break signal. Separates "number of groups" from reference line in cipher messages, and always separates text of message from "time of origin."

CK. "I am going to check the figures in this message."

FI. Decimal point.

K. "Go on." Sent in answer to calling up sign, if ready to receive message.

KK. Brackets.

R. Message received correctly.

RR. Inverted commas.

T. General answer. Sent in answer to each when received correctly. If *not* correct send *nothing*, and the group will be repeated by the sender until correctly read.

UK. Block capitals.

VE. Calling up, or commencing sign.

Q. Wait signal, or commencing sign.

Q. Wait signal. Sent in answer to calling up sign, if *not* ready to receive a message.

Smoke signals.—By these you cannot send such detailed signals as by other means, but they can be sent a very long way—when you—in fact, are out of sight, or too far away to be seen. You must arrange your code with the party you are going to communicate with. You want a very smoky fire (not the sort to boil a billy on, or sit round for a yarn!).

To signal you must cause the smoke to ascend at varied intervals —long and short arranged according to your code.

This you can regulate by stoking the fire with damp grass and leaves, and spreading a wet blanket or old piece of carpet or sacking over it and removing it.

Whistle signals.—Guiders carry whistles, and when they blow these every Guide should know their meaning and obey them as smartly and as quickly as possible.

Here are the whistle signals.

Attention (or alert) — " Guides ! "
Fall in . . . . . , etc. " Run, run, run, run."
Leaders come here . . . — " Leaders come here."
Extend (go out further) — — —, etc. " Go right out."
Danger (alarm) . — . — . — "Look out—look out—look out .'

Movement signals.	Meaning.
(*a*) Arm swung from rear to front below the shoulder :	" Advance " or " Forward." " Go on."
(*b*) Arm circled above the head :	" Retire." " Turn about."
(*c*) Clenched hand moved up and down between the thigh and shoulder :	" Double." " Run."
(*d*) Arm raised at full extent above the head :	" Halt."
(*e*) Two or three slight movements of the open hand toward the ground :	" Sit Down."

Games.—There are a great many games which will give practice in the signalling tests and the signs. Perhaps a simple one to start with is " *Follow the trail.*"

A party of cowboys are to start off for a long journey across the prairie. They are expecting a party of their mates to follow them in a week's time. So they agree to make scout signs and leave messages all the way. The Guides, having divided into two parties, one starts away across the fields and woods—preferably along a path or track. They make arrows pointing in the direction they are following, either on the ground or on fences or stones. They hide messages, written on paper or on white stones or pieces of wood, saying how they are getting on; where water may be found ; or warning their pals of various dangers. " Don't follow this road," (×) is also made when necessary. Meanwhile the second party of Guides start (having given the cowboys ten minutes' start) *not* as the expected friends, but as a party of Indians, who have picked up the trail and are

hot on the track of the "palefaces." They follow, destroying all the cowboys' tracks and signs, and reading their messages. Indian scouts may be sent on, singly (fast runners) to reconnoitre and report on the number and deportment of the cowboys. But the Indian scout does this at her own peril, If she is *seen* by the palefaces she becomes their prisoner, and must go on with them. (Any cowboy seeing an enemy scout calls out her name, whereupon the Indian *must* play fair and surrender.) The palefaces eventually run short of provisions, at the end of a half a mile (or more) and are obliged to halt. Believing Indians to be following them, they take cover. The Indians, finding that the trail has come to an end, search for the cowboys (*seeing* and calling out the name being equal to killing), but any paleface who manages to creep out of her cover and *touch* an Indian before she is seen herself kills her (puts her out of action). The game is won by the party having the largest number of survivors when the Guider blows her whistle.

The following game gives good practice in reading either Morse or Semaphore.

About twelve Guides can play at it. The Guides each choose a letter of the alphabet. This (printed large in ink on a card) is pinned on her chest. Each then is alloted a place to stand, in a field or open space (her distance away can be arranged by the Guider to suit the capability of the Guide). The Guider stands so that the Guides are before her in a large semicircle, and all can see her. She sends two letters and the Guides wearing those two letters change places (as in the game of "General Post"). If she sends A, P,—A and P each start forward, and run across the field, taking up each other's positions. This means that every Guide must have her eyes fixed very attentively on the Guider. Each Guide has five "*lives.*" If she starts forward when her letter has not been sent she loses one "life": if she fails to start before the Guider has counted six from signalling the second letter, she loses a life. At the end of a given time, Guides who have lost least lives are considered the winners. Of course *all speaking* must be strictly forbidden during this game. The Guider must arrange to give each Guide an equal number of chances to move. It should not be played too long at a time. More than twelve should not play, or the letters cannot each be sent often enough to keep up the interest. This game teaches the Guides to *read*, and also absolute concentration and alertness. (Notice that this concentration is not an undue strain, as it is relaxed while the two Guides are running across to change places.) If the Leaders are sufficiently good signallers they may be allowed to do the sending, the Guider acting as umpire and scorer.

It is difficult to describe any actual games which will in-

corporate signals by smoke, sound, movement, etc. But picnics and outings in the country may be treated as one great "make believe." The party becomes a band of marooned sailors, an exploring expedition, survivors from a torpedoed ship, or nurses on the battlefield, and the picnic turns into a bivouac, the fire being used to send smoke signals (either to another company or to a party sent out for this purpose). All communications with this party should be carried on by signal—flag, whistle, etc.

Survivors from a torpedoed ship.

For simple practice of the sound and movement signals the Guides should be scattered over a field, while the Guider gives the signal, which is to be obeyed promptly. She should watch carefully, and might call out the name (or number) of the Guide last in obeying the order. This will make for alertness. It would be a good plan to arrange some "as you were" signal, to give after each command has been obeyed (say, two sharp notes).

WOODCRAFT: OR, KNOWLEDGE OF ANIMALS AND NATURE

Habits of Animals.—If you live in the country it is of course quite easy to observe and watch the habits of all sorts of animals great and small. But if you are in a town there are many difficulties to be met with. But at the same time if you can keep pets of any kind, rabbits, rats, mice, dogs or ponies, you can observe and watch their habits and learn to understand them well; but generally for Guides it is more easy to watch birds, because you see them both in town and country; and especially when you go into camp or on walking tours you can observe and watch their habits, especially in the springtime.

Then it is that you see the old birds making their nests, hatching out their eggs and bringing up their young; and that is of course

the most interesting time for watching them. A good observant Guide will get to know the different kinds of birds by their cry, by their appearance, and by their way of flying. She will also get to know where their nests are to be found, what sort of nests they are, what are the colours of the eggs and so on. And also how the young appear. Some of them come out fluffy, others covered with feathers, others with very little on at all. The young pigeon, for instance, has no feathers at all, whereas a young moorhen can swim about as soon as it comes out of the egg; while chickens run about and hunt flies within a few minutes; and yet a sparrow is quite useless for some days and is blind, and has to be fed and coddled by his parents.

Then it is an interesting sight to see the old birds training their young ones to fly by getting up above them and flapping their wings a few times until all the young ones imitate them. Then they hop from one twig to another, still flapping their wings, and the young ones follow suit and begin to find that their wings help them to balance; and finally they jump from one branch to another for some distance so that the wings support them in their effort. The young ones very soon find that they are able to use their wings for flying, but it is all done by degrees and by careful instruction.

Training young ones to fly.

If you think there is no natural history or observation of bird life possible in a city, get hold of that delightful book *Lives of the Hunted*, by Ernest Thompson Seton. There you will find a ripping story of Randy and Biddy, the two sparrows, who built a nest between them after wonderful differences of opinion. Randy started to make it of sticks, and Biddy almost declined to live with him in consequence, so he carefully pulled every stick out and dropped them on the pavement and gave in to her preference for hay and straw. Then they used string. But when she brought feathers he drew the line and argued the point. However, the story should be read to be enjoyed as it stands in that book.

Then a large number of our birds do not live all the year round in England, but they go off to Southern climes such as Africa when the winter comes on; but they generally turn up here at the end of March and make their nest during the spring. Nightingales arrive early in April; wagtails, turtle doves, and cuckoos come late in April; woodcock come in the autumn, and redpolls and fieldfares also come here for the winter. In

September you will see the migrating birds collecting to go away, the starlings in their crowds and the swallows for the South, and so do the warblers, the flycatchers, and the swifts. And yet about the same time the larks are arriving here from the Eastward, so there is a good deal of travelling to and from among the birds in the air at all times of the year.

How to draw.—By the way, talking of birds, every Guide ought to be able to draw one.

First of course, you lay the egg. Then put a watch on it, with the second dial to show the time. But before you put in the hands it becomes a bird. Then you add the outline, thus :—

Try it yourself. It is quite easy.

There is a lot of interest to be got out of watching frogs, which begin as tadpoles, eating weeds, and gradually lose their tails and gills, which they begin with, and end up as frogs, eating worms and slugs as food.

Insects, too, are very interesting little people when you get to know their ways and habits. Among them you can generally find moths, ants, gnats, butterflies, bees, beetles, ladybirds, and all such. Though most girls do not care very much about them, Guides who have studied them get to like them, even spiders and daddy-longlegs, and to take a close interest in them.

Caddis worms, for instance, build the most beautiful houses of mosaic work, all formed of tiny stones and bits of shell glued on to a silken lining which the caddis worms make themselves.

The caddis worm has extraordinary jaws which he can fold up when they are in the way, and he can also push himself along in the water by squirting out a strong jet of water all round him. A caddis worm is really only the larva of a large sort of dragon fly ; so when he wants to change into a winged insect, he cleverly spins a silken door across each end of his tubular house, and fixes it on to the stalk of a plant near the water. Then he waits till his wings have grown, and at last he crawls out and runs up the plant out of the water, and flies away into the sunshine.

Butterfly-hunting is a most exciting pastime. You go out with your net and your box, and chase the pretty creatures over field and swamp, and hedge and ditch. If possible, try not to spoil the wings, and then keep them alive in a cage or a greenhouse. You can keep the eggs they lay, and bring up a large family for next year. You can make your own net if you buy

a yard of stout wire, and bend it round, and bind the ends tightly and neatly to a cane or stick.

Make your net long enough to hang across the wire, when your butterfly is caught, thus :—

Examine the wings carefully with a magnifying glass, as the tiny scarlet and yellow feathers are easily rubbed off and spoilt, especially if the creature flutters about.

Personally I don't use a net ; I catch them by drawing their portraits in my sketch-book. It saves a lot of trouble to them and to me.

Trees.—Then Guides should know all about the different trees in their country and know the names by their appearance in summer and also in winter ; and what they are good for, and what their leaves are like and their flower or their fruit as the case may be. It helps you very much in camp to know what kind of wood burns well, such as pine wood or sugar bush or gum tree. Also which kinds of wood are best for carving, for making walking sticks, for painting on.

The common trees in Great Britain which a Guide should know by sight are :

Oak	Poplar	Holly	Beech
Elm	Pine	Horse Chestnut	Birch
Plane	Sycamore		Spanish Chestnut
Cedar	Larch	Ash	
Fir	Willow	Lime	Walnut

Flowers.—Flowers, of course, interest girls as much as any kind of plant, because they are easily cultivated, and every Guide ought to know the names of most of the English flowers and to understand how they live and how they ought to be treated ; when to plant them and when to expect them coming up ; and how they produce their seed and how they send it about and re-plant themselves in different parts near them.

For instance, if you have a magnifying glass you can examine a dandelion seed with it. Few things are more beautiful. It is much the same as a thistle seed, tucked away cleverly till it is ripe, and it all opens into a delicate feathery kind of parachute each carrying a seed. This blows about with the wind many miles before it actually falls to the ground and there sows itself.

Most flowers seem to have the wish to scatter their seed far away from them. Even the modest little violet sows its seed

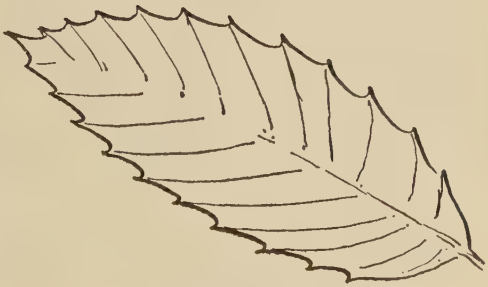
Poplar.

Elm.

Plane.

Sycamore.

Ash.



Spanish Chestnut.

out of a little boat-shaped pod with great force and a loud report to a distance of some three feet ; and so does the iris, the pansy, the wallflower, and many others. Many flowers and plants produce berries and fruits which are good to eat, others produce those that are poisonous ; and a Guide should know which are which, since when you are in camp some of them may come in very useful, whereas others which look tempting to eat may cause you a great deal of trouble and illness.

Eatable Plants

But especially you ought to know what kind of plants are useful to you in providing you with food. Supposing you were out in a jungle without any food, as very often happens ; if you knew nothing about plants you would probably die of starvation, or of poisoning, from not knowing which fruit or roots were wholesome and which dangerous to eat.

There are numbers of berries, nuts, roots, barks, and leaves that are good to eat.

The same with crops of different kinds of corn and seed, vegetable roots, and even grasses and vetches. Seaweed is much eaten in Ireland and Scotland. Such as laver, sloke, dulse, ulva, etc.

No less than fifteen kinds of fungi (that's the plural of fungus !), or mushrooms, are good to eat if you can only tell them from the poisonous kinds.

Dandelions, nettles, rose berries, bracken roots, lime buds, and many other common plants make useful foods.

But you have to know which is which when you see them, and then know how to cook or prepare them.

Woodland cooking is great fun when you care to do it.

Nature Study in Towns

Many people seem to think that you cannot get Nature study unless you are out in the fields or woods studying the animals or noticing the plants, but you can do a great deal in town and even in your own room with others, or even by yourself.

For one thing, just think of the wonder of your own eye if you study it in the glass, and the delicacy of its construction ; how it is like a bubble which a very slight blow would destroy altogether. Then from the eye go to the nerves carrying back what it has seen of visible things to the brain, where the thoughts which are invisible take it over, the thought then gives the desire or the power to move. That is to say, your eyes show you something on the table and the invisible thought comes in your mind that you would like to catch hold of it, and the thought then makes the material sinews of your arm get to work and grasp it.

You cannot see your thought, but you know it is there, and you see the result of your thought when you grasp the thing. In the same way God is not visible, but all the same He is there, and you see the result when you do a good act. Sometimes you don't do that good act, or you may do one that is not suggested by God. You may well feel ashamed when this happens and refuse to let yourself do it again. Therefore, try and think before doing a thing and ask yourself the question, " Does God want me to do this ? " If the reply in your mind says " Yes," then do it ; and if it says " No," then don't do it. It is not a difficult thing to live a straight and clean life if you only REMEMBER to *think* first and do after.

Stalking

How to Hide Yourself.—When you want to observe wild animals you have to stalk them, that is, creep up to them without their seeing or smelling you.

A hunter when he is stalking wild animals keeps himself entirely hidden, so does the war scout when watching or looking for the enemy ; a policeman does not catch pickpockets by standing about in uniform watching for them ; he dresses like one of the crowd, and as often as not gazes into a shop window and sees all that goes on behind him reflected as if in a looking-glass.

If a guilty person finds himself being watched, it puts him on his guard, while an innocent person becomes annoyed. So, when you are observing people, don't do so by openly staring at them, but notice the details you want to at one glance or two, and if you want to study them more, walk behind them ; you can learn just as much from a back view, in fact more than you can from a front view, and, unless they are scouts and look round frequently, they do not know that you are observing them.

War scouts and hunters stalking game always carry out two important things when they don't want to be seen.

Background.—One is—they *take care that the ground behind them, or trees, or buildings, etc., are of the same colour as their clothes.*

And the other is—if an enemy or a deer is seen looking for them, *they remain perfectly still without moving so long as he is there.*

" *Freezing.*"—In that way a scout, even though he is out in the open, will often escape being noticed. This is called by scouts " Freezing."

Tracking

" Sign " is the word used by Guides to mean any little details, such as footprints, broken twigs, trampled grass, scraps of food, old matches, etc.

Any one of you might win the reward of £200 for tracing the writer of a typewritten paper which nearly caused the ruin of a large bank. It was noticed by signs that the writer must have used a Remington machine No. 7, because of the shape of the letters. The type was much worn, therefore it is supposed the machine was four or five years old. Now, who bought one at that time? Then you could see that the letter "o" had a bent bar, the letter "r" had a faulty spring, and the top of the capital letter "C" was worn away. So you see that if you found a machine with all these faults you could trace the person who used it, from even such very small signs.

Some native Indian trackers were following up the footprints of a panther that had killed and carried off a young kid. He had crossed a wide bare slab of rock, which, of course, gave no mark of his soft feet. The tracker went at once to the far side of the rock where it came to a sharp edge; he wetted his finger, and just passed it along the edge till he found a few kid's hairs sticking to it. This showed him where the panther had passed down off the rock, dragging the kid with him. Those few hairs were what Guides call "sign."

This tracker also found bears by noticing small "sign." On one occasion he noticed a fresh scratch in the bark of a tree, evidently made by a bear's claw, and on the other he found a single black hair sticking to the bark of a tree, which told him that a bear had rubbed against it.

A Guide should have her head screwed on the right way, not as in this picture.

One of the most important things that a Guide has to learn is *to let nothing escape her attention*; she must notice small points and signs, and then make out the meaning of them; but it takes a good deal of practice before a tenderfoot can get into the habit of really noting everything and letting nothing escape her eye. It can be learnt just as well in a town as in the country, provided that your head is screwed on the right way.

And in the same way you should notice any strange sound or any peculiar smell, and think for yourself what it may mean. Unless you learn to notice "sign," you will have very little of "this and that" to put together, and so you will be of no use as a Guide. It comes by practice. Remember, a Guide always considers it a great disgrace if an outsider discovers a thing before she herself does, whether that thing is far away or close by.

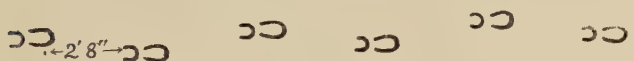
Don't only look at the path before you, but frequently turn and look back. Notice the

features of the country behind you, to see what your road will look like in coming back again.

In the streets of a strange town a Guide will mark her way by the principal buildings and side-streets, and in any case she will notice what shops she passes and what is in their windows ; also what vehicles pass her, and such details as whether the horses' harness and shoes are all right ; and most especially what people she passes, what their faces are like, their dress, their boots, and their way of walking, so that if, for instance, she should be asked by a policeman, " Have you seen a man with dark overhanging eyebrows, dressed in a blue suit, going down this street ? " she should be able to give some such answer as " Yes ; he was walking a little lame with the right foot, wore foreign-looking boots, was carrying a parcel in his hand ; he turned down Gold Street, the second turning on the left from here, about three minutes ago."

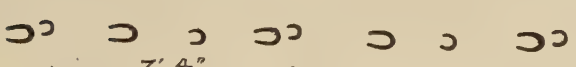
Information of that kind has often been of the greatest value in tracing out a criminal, but so many people go along with their eyes shut and never notice things.

Horses' Tracks

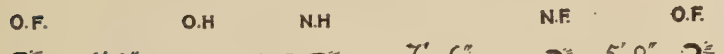


Walking.

Trotting

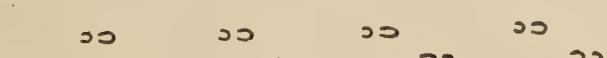


Canter.



O.H.=Off Hind, etc.

Galloping.



Lame Horse Walking : Which leg is he lame in ?

N.B.—The long feet are the hind feet.

These are the tracks of two birds on the ground. One lives generally on the ground, the other in bushes and trees. Which track belongs to which bird ?

Wheel tracks should also be studied till you can tell the difference between the track of a carriage, a country cart, motor-car or a bicycle, *and the direction they were going in.*

In the story of *Kim*, by Rudyard Kipling, there is an account of two boys being taught "observation," in order to become detectives by means of a game in which a trayful of small objects was shown to them for a minute and was then covered over, and they had to describe all the things on it from memory.

We will have that game, as it is excellent practice for Guides.

Details of People.—It is of interest when you are travelling by train or tram to notice little things about your fellow-travellers—their faces, dress, way of talking, and so on—so that you could describe them each pretty accurately afterwards ; and also try and make out from their appearance and behaviour whether they are rich or poor (which you can generally tell from their boots), and what is their probable business, whether they are happy, or ill, or in want of help.

Judging character by the gait of a man.

But in doing this you must not let them see you are watching them, else it puts them on their guard.

Reading a Meaning in Sign. — It is said that you can tell a man's character from the way he wears his hat. If it is slightly on one side, the wearer is good-natured ; if it is worn very much on one side, he is a swaggerer ; if on the back of his head, he is bad at paying his debts ; if worn straight on the top, he is probably honest but very dull.

The way a man (or a woman) walks is often a good guide to his

character — witness the fussy, swaggering little man paddling along with short steps and much arm-action ; the nervous man's hurried, jerky stride ; the slow slouch of the loafer ; the smooth, quick, and silent step of the Guide, and so on.

With a little practice in observation you can tell pretty accurately a man's character from his dress.

How would you recognize that a gentleman was fond of fishing ? If you see his left cuff with little tufts of cloth sticking up, you may be sure he fishes. When he takes his flies off the line he will either stick them into his cap to dry, or hook them into his sleeve. When dry he pulls them out, which often tears a thread or two of the cloth.

It is surprising how much of the sole of the boot you can see when behind a person walking—and it is equally surprising how much meaning you can read from that boot. It is said that to wear out soles and heels equally is to give evidence of business capacity and honesty ; to wear your heels down on the outside means that you are a person of imagination and love of adventure ; but heels worn down on the inside signify weakness and indecision of character, and this last sign is more infallible in the case of man than in that of woman.

Remember how " Sherlock Holmes " met a stranger, and noticed that he was looking fairly well-to-do, in new clothes with a mourning band on his sleeve, with a soldierly bearing and a sailor's way of walking, sunburns, with tattoo marks on his hands, and he was carrying some children's toys in his hand. What would you have supposed that man to be ? Well, Sherlock Holmes guessed correctly that he had lately retired from the Royal Marines as a sergeant, that his wife had died, and that he had some small children at home.

Details in the Country.—If you are in the country, you should notice landmarks—that is, objects which help you to find your way or prevent you getting lost—such as distant hills and church towers ; and nearer objects, such as peculiar buildings, trees, gates, rocks, etc.

And remember in noticing such landmarks that you may want to use your knowledge of them some day for telling some one else how to find his way, so you must notice them pretty closely so as to be able to describe them unmistakably and in their proper order, You must notice and *remember* every by-road and footpath.

Remembrance of these things will help you to find your way by night or in fog when other people are losing themselves.

Using your Eyes.—Let nothing be too small for your notice—a button, a match, a hair, a cigar ash, a feather, or a leaf might be of great importance, even a finger-print which is almost invisible to the naked eye has often been the means of detecting a crime.

Not long ago a lady reported to the police that she was sitting in her room reading quietly in the corner when a ragged-looking man crept in at the open window, seized hold of a silver vase, and was in the act of making off with it when a sound outside disturbed him.

He put down the vase again, ran away across the lawn, jumped a low hedge, and got away.

Detectives came and examined the ground, but could find no footmarks even at the spot where the man had landed from his jump. Then they inspected the vase very carefully, and examined the fingers of the different people in the house.

They then reported that nobody except the maid had handled the vase and that nobody had gone across the lawn or jumped the hedge.

It was afterwards found that the lady was subject to delusions, and had imagined the whole thing, but the detectives had arrived at the same conclusion through examining the fingermarks and signs.

When out in the country you must keep your eyes about you and not merely notice small signs close to you, but other signs far away as well—such as dust flying, birds startled, unnatural movements of bush or grass, and also keep your ears open for sounds such as cracking of a twig, dogs suddenly barking and so on.

The battle of Boomplatz, fought by the British against the Boers, was successful for us partly because Sir Harry Smith, the Commander, noticed some buck in the distance suddenly startled and running for no apparent reason, but his suspicions being aroused he sent scouts to investigate, and they found a Boer force trying to form an ambush for him, and he was able to defeat their aims in consequence.

By night of course you must use your ears instead of your eyes and practice at this helps to make perfect.

A trained Guide will see little signs and tracks, she puts them together in her mind, and quickly reads a meaning from them such as an untrained woman would never arrive at.

And from frequent practice she gets to read the meaning at a glance, just as you do a book, without the delay of spelling out each word, letter by letter.

I was one day, during the Matabele War [*show on map*] with a native out scouting near to the Matopo Hills over a wide grassy plain. Suddenly we crossed a track freshly made in grass, where the blades of grass were still green and damp, though pressed down; all were bending one way, which showed the direction in which the people had been travelling. Following up the track for a bit it got on to a patch of sand, and we then saw that it was the spoor of several women (small feet with straight edge, and short steps) and boys (small feet, curved edge, and longer strides),

walking, not running, towards the hills, about five miles away, where we believed the enemy to be hiding.

Then we saw a leaf lying about ten yards off the track. There were no trees for miles, but we knew that trees having this kind of leaf grew at a village fifteen miles away, in the direction from which the footmarks were coming. It seemed likely therefore that the women had come from that village, bringing the leaf with them, and had gone to the hills.

On picking up the leaf we found it was damp, and smelled of native beer. The short steps showed that the women were carrying loads. So we guessed that according to the custom they had been carrying pots of native beer on their heads, the mouths of the pots being stopped up with bunches of leaves. One of these leaves had fallen out; but we found it ten yards off the track, which showed that at the time it fell a wind was blowing. There was no wind now, i.e. seven o'clock, but there had been some about five o'clock.

So we guessed from all these little signs that a party of women and boys had brought beer during the night from the village 15 miles away, and had taken it to the enemy on the hills, arriving there soon after six o'clock.

The men would probably start to drink the beer at once (as it goes sour in a few hours), and would, by the time we could get there, be getting sleepy and keeping a bad look-out, so we should have a favourable chance of looking at their position.

We accordingly followed the women's track, found the enemy, made our observations, and got away with our information without any difficulty.

And it was chiefly done on the evidence of that one leaf. So you see the importance of noticing even a little thing like that.

Games in Stalking

Guide Hunting.—One Guide is given time to go out and hide herself, the remainder then start to find her; she wins if she is not found, or if she can get back to the starting-point within a given time without being touched.

Dispatch Running.—A Guide is told to bring a note to a certain spot or house from a distance within a given time: other hostile Guides are told to prevent any message getting to this place, and to hide themselves at different points to stop the dispatch carrier getting in with it.

To count as a capture, two Guides must touch the dispatch runner before she reaches the spot for delivering the message.

Relay Race.—One patrol pitted against another to see who can get a message sent a long distance in shortest time by means of

relays of runners or cyclists. The patrol is ordered out to send in three successive notes or tokens (such as sprigs of certain plants), from a point, say, two miles distant or more. The leader, in taking her patrol out to the spot, drops Guides at convenient distances, who will then act as runners from one post to the next and back. If relays are posted in pairs, messages can be passed both ways.

Stalking.—Guider acts as a deer—not hiding, but standing, moving a little now and then if she likes.

Guides go out to find, and each in her own way tries to get up to her unseen.

Directly the Guider sees a Guide she directs her to stand up as having failed. After a certain time the Guider calls "Time," all stand up at the spot which they have reached, and the nearest wins.

The same game may be played to test the Guides in stepping lightly—the umpire being blindfolded. The practice should preferably be carried out where there are dry twigs lying about, and gravel, etc. The Guide may start to stalk the blind umpire at 100 yards' distance, and she must do it fairly fast—say, in one minute and a half—to touch the blind man before she hears her.

Stalking and Reporting.—The umpire places herself out in the open and sends each Guide or pair of Guides away in different directions about half a mile off. When she waves a flag, which is the signal to begin, they all hide, and then proceed to stalk her, creeping up and watching all she does. When she waves the flag again, they rise, come in, and report each in turn all that she did, either by handing in a written report or verbally, as may be ordered. The umpire meantime has kept a look-out in each direction, and, every time she sees a Guide, she takes two points off that Guide's score. She, on her part, performs small actions, such as sitting down, kneeling up, looking through glasses, using handkerchief, taking hat off for a bit, walking round in a circle a few times, to give Guides something to note and report about her. Guides are given three points for each act reported correctly. It saves time if the umpire makes out a scoring card beforehand, giving the name of each Guide, and a number of columns showing each act of her, and what mark that Guide wins, also a column of deducted marks for exposing themselves.

The "Spider and Fly" game as described in *Scouting for Boys* is also a proper one and useful for training in observation.

Plant Race.—The Guides start off either cycling or on foot, to go in any direction they like to get a specimen of any ordered plant, say a sprig of yew, a shoot of ilex, a horseshoe mark from a chestnut tree, a briar rose or something of the kind, whichever the Guider may order, such as will tax their knowledge of plants and

will test their memory as to where they noticed one of the kind required, and will also make them quick in getting there and back.

Leaf Trail.—It is supposed that a crime has been done, and in the search for the culprits who have hidden themselves, the police were helped in tracing the track by articles left behind them. The fugitives leave behind a dozen of certain leaves, such as oak, or chestnut or fir, laid in the order in which those trees come on the track. The trackers take note of these during the fifteen minutes start. The trackers must then follow wherever these trees are to be found, in the right order, until they can find the fugitives. Should they not be successful another day may be spent over it.

House Hunting

It is an interesting thing to take as the object of a walk the selection of a house where you would like to live. Notice the position, estimate the cost of rent, rates, taxes, etc., notice its garden and how you would utilise it, and, inside, what kind of wall-paper, etc., you would select so it would be homely and not merely for show, in good taste and not tawdry, airy and not stuffy with too many hangings, which will clean, and so on. Proximity to the necessary supply shops, doctor, telephone, post office, and so on should all be taken into consideration, and it is rather amusing to compare notes with the rest of your Patrol at the end of your expedition, and see how many got on the same house.

Hints to Instructors

PRACTICES IN OBSERVATION.—*Instructor can take the finger-marks of each girl. Lightly rub the thumb on blacklead or on paper that is blacked with pencil, then press the thumb on paper and examine with magnifying glass. Show that no two people's prints are alike.*

IN TOWNS.—*Practise your girls first in walking down a street to notice the different kinds of shops as they pass, and to remember them in their proper sequence at the end.*

Then to notice and remember the names on the shops.

Then to notice and remember the contents of a shop window after two minutes' gaze. Finally, to notice the contents of several shop windows in succession with half a minute at each. Give marks for the fullest list.

The Guides must also notice prominent buildings as landmarks, and the number of turnings off the street they are using.

In the Country.—*Take the patrol out for a walk and teach the girls to notice distant prominent features such as hills, church steeples, and so on; and as nearer landmarks such things as peculiar buildings, trees, rocks, gates, by-roads or paths, nature of fences, crops, different kinds of trees, birds, animals, tracks, people, vehicles, etc. Also any peculiar smells of plants, animals, manure, etc.; whether gates or doors were open or shut, whether any smoke from chimney, etc.*

Send Guides out in pairs.

It adds to the value of the practice if the instructor makes a certain number of small marks in the ground beforehand, or leaves buttons or matches, etc., for the girls to notice or to pick up and bring in (as a means of making them examine the ground close to them as well as distant objects).

Practices in Natural History.—*Take out Guides to get specimens of leaves, fruits, or blossoms of various trees, shrubs, etc., and observe the shape and nature of the tree both in summer and in winter.*

Collect leaves of different trees; let Guides make tracings of them and write the name of the tree on each.

In the country make Guides examine crops in all stages of their growth, so that they know pretty well by sight what kind of crop is coming up.

Start gardens if possible; either a patrol garden or individual Guides' gardens. Let them grow flowers and vegetables for profit to pay for their equipment, etc. Show all the wild plants which may be made use of for food. Find yew trees; report if any good branches to make archers' bows of.

Encourage the keeping of live pets, whether birds, animals, reptiles, insects. Show how to keep illustrated diary-records of plants, insects, birds, etc., giving dates when seen for comparison following year and showing their peculiar markings, form, etc.

If in a town take your Guides to the Zoological Gardens, menagerie, or Natural History Museum, and show them particular animals on which you are prepared to lecture. Not more than half a dozen for one visit.

If in the country get farmer or shepherd to help with information on the habits of farm animals, e.g. how a cow lies down and when. How to milk, stalk rabbits, water voles, trout, birds, etc., and watch their habits.

The aim in your Nature study is to develop a realisation of God the Creator, and to infuse a sense of the beauty of Nature.

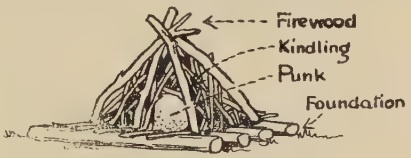
CAMPCRAFT

How to make a Fire.—You should learn how to lay and light a fire out of doors.

Remember the usual fault of a "tender-pad," or beginner, is to try to make too big a fire. You will never see a backwoodsman do that—he uses the smallest possible amount of wood for his fire.

First collect your firewood. Green, fresh-cut wood is no good, nor is dead wood that has lain long on the ground. Get permission to break off dead branches for it.

To make your fire you put a few sticks flat on the ground, especially if the ground be damp. On this flooring lay your "punk"—that is, paper, shavings, inner skin of the bark of the tree, splinters, or any other material that will easily catch fire from your match.



On this you pile, in pyramid fashion, thin twigs, splinters, and slithers of dry wood, leaning on the "punk" and against each other. They are called kindling. A few stouter sticks are added over them to make the fire.

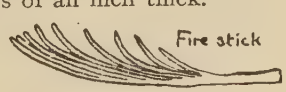
A good kind of kindling can easily be made by slitting a stick into several slices or shavings, as shown. This is called a firestick.

If stood up, with the shavings downwards towards the ground, it quickly catches light and flares up.

Set light to this, putting your match under the bottom of the "punk." When the wood has really got on fire, add more and larger sticks, and finally logs, which should be placed star-shape, like spokes of a wheel.

For a cooking fire you want to make lots of red-hot embers, so use sticks about half or three-quarters of an inch thick.

For a signalling fire to make a flare at night use dry gorse, straw, or dry twigs in large quantities.



For a smoke signalling fire use plenty of thin dry sticks and twigs to give burning flame, and add leaves and grass to make the smoke.

Camping

One of the ripping things about Girl Guide work is the camp life. You go out either to live in farm buildings, or in an empty house, or in tents.

People talk of "roughing it" in tents, but those people are generally Tenderfoots. A wise Guide does not "rough it"; she knows how to look after herself and how to make herself comfortable by a hundred little dodges.

For instance, if the tents have not turned up she doesn't sit down to shiver and grumble, but at once sets to work to rig up a shelter or hut for herself. She chooses a good spot for it where she is not likely to be flooded out if a rainstorm comes.

Camp cooking.

Then she lights up a camp fire, cooks her food, and makes herself comfortable on her mattress of ferns or straw.

But to do this she must, of course, have first learnt how to light a fire, how to prepare and cook her food, and how to weave a camp mattress, and so on, all of which she learns in her ordinary training as a Guide.

In camp you learn to make all the different things you want, because there is not always a shop round the corner where you can go and buy them.

The following are a few out of the many things that Guides learn to do for themselves.

In the Tent.—Guides are always tidy, whether in camp or not, as a matter of habit. If you are not tidy at home, you won't be tidy in camp; and if you're not tidy in camp, you will never be a thorough Guide.

A Guide is tidy alike in her tent, bunk, or room, because she may be suddenly called upon to go off on an alarm, or something unexpected: and if she does not know exactly where to lay her hand on her things, she will be a long time in turning out, especially if called up in the middle of the night. So on going to bed, even when at home, practise the habit of folding up your clothes and putting them where you can at once find them in the dark, and get into them quickly.

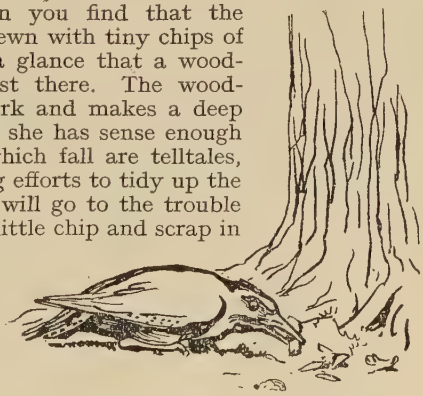
Cleaning Camp Ground.—Never forget also that the state of

"No more of their camping on my ground!"

an old camp ground after the camp has finished, tells exactly whether the patrol or company which has used it was a smart one or not. No Guides who are any good ever leave a camp ground dirty; they sweep up and bury or burn every scrap of rubbish.

It is important to get into this habit of cleaning up your camp ground before leaving it, as then farmers don't have the trouble of having to clean their ground after you leave, and they are, therefore, all the more willing to let you use it.

The Woodpecker.—When you find that the ground round a tree is strewn with tiny chips of wood you may know at a glance that a woodpecker is making her nest there. The woodpecker chips away the bark and makes a deep hollow in the trunk. But she has sense enough to know that the chips which fall are telltales, so you may see her making efforts to tidy up the place, and in the end she will go to the trouble of flying away with every little chip and scrap in in her beak to a distance, so that no enemy can see that she has been cutting a hole in that tree.



Woodpecker cleaning up debris.

Bathing.—When in camp, bathing will be one of your joys and one of your duties, a joy because it is such fun, a duty because no Guide can consider herself a full-blown Guide until she is able to swim and to save life in the water.

But there are dangers about bathing for which every sensible Guide will be prepared.

First, there is the danger of cramp. This comes very often from staying in the water too long. Ten minutes is ample time as a rule for a girl to be in the water, five minutes is safer.

If you bathe within an hour and a half of taking a meal, that is before your food is digested, you are very likely to get cramp. Cramp doubles you up in extreme pain so that you cannot move your arms or legs, and down you go and drown.

When bathing is going on there should always be one or two good swimmers on duty as "life savers." They should not bathe themselves till the others are out of the water, but should be in bathing-dress with cloaks to keep them warm, ready to jump in at any moment to help anyone that they see in difficulties.

This plan is always strictly carried out by Boy Scouts and Girl Guides in camp, and has already been the means of saving many lives and of preventing a joy-camp being changed into a camp of mourning.

Water Supply.—A Tenderfoot drinks any kind of water that she finds handy, and consequently gets ill after the first day camping out, and has to go home again.

The old campaigner is very careful indeed about getting clean drinking water, and if she is not certain that it is wholesome she will take care to boil it well before drinking it, as this kills all the little germs of disease which exist more or less in all water, however clear it may be.

Cleanliness.—Take special care to keep your kitchen clean, and it will make you more comfortable and more healthy in camp. More comfortable because flies will not infest the place unless they find dirt and scraps to feed upon.

More healthy because if there are flies about they always bring poison on to your food. So keep the camp kitchen and ground round it very clean at all times. Dig a small pit a couple of feet deep near the kitchen and throw all refuse that won't burn into this, and fill in the pit with earth every night.

Tidy up as neatly as the woodpecker does.

Drains.—Also do not neglect to dig a long trench to serve as a latrine. Every camp, even if only for one night, should have a sewer trench two or three feet deep, quite narrow, not more than one foot wide, with screens of canvas or branches on all sides.

Earth should always be thrown in after use, and the trench must be filled up before leaving the place. Even away from camp a small pit should always be dug and filled in with earth after use. It is a cleanly habit for the sake of other people, and also makes the camp healthier.

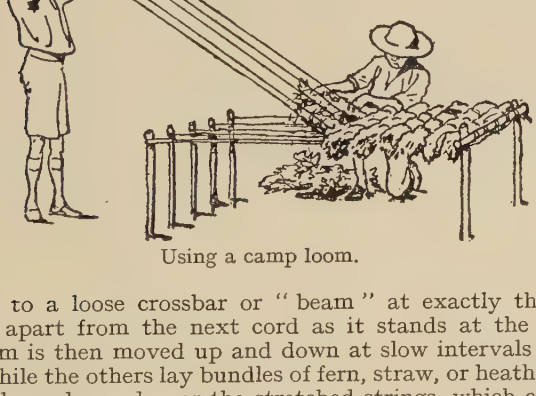
Neglect of this not only makes a place unhealthy, but it also makes farmers and landowners disinclined to give the use of their ground for Guides to camp on or to work over. So don't forget it.

Tidiness.—Tidiness in camp means tidiness in the home and also tidiness in the streets or parks or when out picnicking.

Guides have got a splendid name for cleaning up their camp ground when they leave, although it is not a pleasant duty. They do it because a dirty littered bit of ground is not pleasant for other people to look on or use. Therefore out in the streets or parks or country don't throw away the bit of paper that held your sweets or bun. It not only makes the place look untidy, but it means work for someone else to clear it up. Therefore, carry your paper to the waste-paper bin, or burn or bury it.

How to make a Bed.—To manufacture a bed in camp is a different thing from " making your bed " in a house. To make a bed for camp use the following is the dodge :—

To make a Camp Loom.—Plant a row (1) of five stakes, 2ft. 6 in. long, firmly in the ground ; opposite to them at a distance of 6 ft. to 7 ft., drive in a row of two and a crossbar (2). Fasten a cord or gardener's twine to the head of each stake in No. 1 row and stretch it to the crossbar in No. 2 and make it fast there, then carry the continuation of it back over No. 1 row for some 5 ft. extra, and



Using a camp loom.

fasten it to a loose crossbar or " beam " at exactly the same distance apart from the next cord as it stands at the stakes. This beam is then moved up and down at slow intervals by one Guide, while the others lay bundles of fern, straw, or heather, etc., alternately under and over the stretched strings, which are thus bound in by the rising or falling on to them.

Bleeding.—When a man is bleeding badly from a wound, press the wound or the flesh just above it—that is between the wound and the heart—press it hard with your thumb to try and stop the blood running in the artery. Then make a pad with something like a rounded pebble, and bind it over the wound. If bleeding violently, tie a handkerchief loosely round the limb above the wound, and twist it tight with a stick. [*Demonstrate this.*]

Keep the wounded part raised above the rest of the body if possible. Apply cold water, or ice, if possible, wet rags, etc.

Bleeding from the ears and insensibility after a fall mean injury to the skull. The patient should not be moved at all if possible. It is best even to keep him lying on the spot, and put cold water or ice to his head and keep him quiet till a doctor comes.

Spitting or throwing-up blood means internal injury or bursting of a small blood-vessel inside the patient. The case often looks more serious than it really is. If the blood is light red in colour and mixed with froth it means injury to the lungs. In either case keep the patient quiet and give ice to suck or cold water to sip.

Don't be alarmed at the amount of blood that flows from a patient. It used to be a common thing for the barber to bleed a man to the extent of five or six cupfuls of blood, and the patient feels all the better for it.

(T.I.B.)

Physical Exercises, as on p. 80, or those in Education Department book of Physical Exercises.

HOW TO BE HEALTHY—AND WISE

In addition to the exercises for your body which are given earlier in this book you should understand what they do for you and why you are advised to practise them. It is not for MY amusement! It is for your own health and happiness. And here are a few more tips that will help you to be healthy, and possibly wealthy, and certainly wise—if you carry them out.

But the great thing is to *remember*, and not to forget it, at all times, whatever you may be doing, to TUCK IN THE SMALL OF YOUR BACK AND BRACE THE MUSCLES OF THE BACK.

Exercises and their Object

To make yourself strong and healthy it is necessary to begin with your inside and to get the blood into good order and the heart to work well; that is the secret of the whole thing, and physical exercises should be taken with that intention. This is the way to do it:—

(*a*) *Make the heart strong* in order to pump the blood properly to every part of the body, and so to build up flesh, bone, and muscle. *Exercise:* "Swimming" and "Wrist Pushing."

(*b*) *Make the lungs strong* in order to provide the blood with fresh air. *Exercise:* "Deep breathing."

(*c*) *Make the skin perspire* to get rid of the dirt from the blood. *Exercise:* Bath, or rub with a damp towel every day.

(*d*) *Make the stomach work* to feed the blood. *Exercise :* " Body bending."

(*e*) *Make the bowels active* to remove the remains of food and dirt from the body. *Exercise :* " Body bending " and " Kneading the abdomen." Drink plenty of good water. Punctual daily move of bowels.

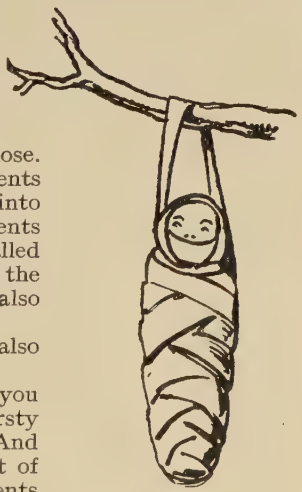
(*f*) *Work muscles in each part of the body* to make the blood circulate to that part, and so increase your strength. *Exercise :* Walking and special exercises of special muscles.

The blood thrives on simple good food, plenty of exercise, plenty of fresh air, cleanliness of the body both *inside* and out, and proper rest of body and mind at intervals.

The Japanese men, especially in the Army and Navy and at the schools, are taught to be strong and healthy by strict training, plain food (chiefly fruit, rice, and dried fish), and fresh air. They drink plenty of water, but no spirits, and go in for frequent baths. Their particular exercise is " Ju-Jitsu," which is more of a game than drill, and is generally played in pairs. By Ju-Jitsu, the muscles and body are developed in a natural way, in the open air as a rule. It requires no apparatus.

The Nose

Always breathe through the nose. Fifty years ago Mr. Catlin wrote a book called *Shut your Mouth and Save your Life,* and he showed that the Red Indians for a long time had adopted that method with their children to the extent of tying up their jaws at night, to ensure their breathing only through their nose.



Indian cradle : the mouth bandage to induce nose breathing.

Breathing through the nose prevents germs of disease getting from the air into the throat and stomach ; it also prevents a growth in the back of the throat called " adenoids," which are apt to stop the breathing power of the nostrils, and also to cause deafness.

For a Guide nose-breathing is also specially useful.

By keeping your mouth shut you prevent yourself from getting thirsty when you are doing hard work. And also at night, if you are in the habit of breathing through the nose, it prevents snoring. Therefore practise keeping your mouth shut and breathing through your nose.

Ears

A Guide must be able to hear well. Generally the ears are very delicate, and once damaged are apt to become incurably deaf. People are too apt to fiddle about with their ears in cleaning them by using things which are dangerous with such a sensitive organ as the ear, the drum of the ear being a very delicate, tightly-stretched skin which is easily damaged. Very many children have had the drums of their ears permanently injured by getting a box on the ear, or cleaning them out roughly with the hard corner of a towel.

Eyes

A Guide, of course, must have particularly good eyesight ; she must be able to see anything very quickly, and to see at a long way off. By practising your eyes in looking at things at a great distance they will grow stronger. While you are young you should save your eyes as much as possible, or they will not be strong when you get older ; therefore avoid reading by lamp-light or in the dusk, and also sit with your back or side to the light when doing any work during the day ; if you sit facing the light it strains your eyes.

The strain of the eyes is a very common failure with growing girls, although very often they do not know it, and headaches come most frequently from the eyes being strained ; frowning on the part of a girl is very generally a sign that her eyes are being strained. Reading in bed brings headaches.

Teeth

Bad teeth are troublesome, and are often the cause of neuraliga, indigestion, abscesses, and sleepless nights. During the Boer war over three thousand of our soldiers had to be sent away, unfit to fight, because their teeth were so bad that they could not eat the food out there. Good teeth depend greatly on how you look after them when you are young. Attention to the first set of teeth keeps the mouth healthy for the second teeth, which begin to come when a child is seven, and these are meant to last you to the end of your life if you keep them in order.

If one tooth is allowed to decay, it will spread decay in all the others, and this arises from scraps of food remaining between the teeth and decaying there.

A thorough Guide always brushes her teeth inside and outside and between all, just the last thing at night as well as other times, so that no food remains about them to rot. Guides in camps or in the wilds of the jungle cannot always buy tooth-brushes, but should a tiger or a crocodile have borrowed yours, you can make

your teeth just as bright and white as his are by means of a frayed-out dry, clean stick.

HINTS TO INSTRUCTORS

Measurement of the Girl

It is of paramount importance to teach the young citizen to assume responsibility for her own development and health.

Physical drill is all very well as a disciplinary means of development, but it does not give the girl any responsibility in the matter.

It is therefore deemed preferable to tell each girl, according to her age, what ought to be her height, weight, and various measurements (such as chest, waist, arm, leg, etc.). She is then measured and learns in which points she fails to come up to the standard. She can then be shown which exercises to practise for herself in order to develop those particular points. Encouragement must afterwards be given by periodical measurements, say, every three months or so.

Teach how to make camp tooth-brushes out of sticks. " Dragon-root " sticks for cleaning teeth can be got at chemists' shops as samples.

Games to Develop Strength

Skipping, rowing, fencing, swimming, tennis, and handball are all valuable aids to developing strength.

Remember that sitting still is one form of exercise. How can that be ? Well, if you remember how you ought to sit and keep yourself up to it you will gradually strengthen the muscles of your back so that in a few weeks you will sit upright naturally without any effort or thought.

You may ask why shouldn't I sit like that if it is more comfortable. Well, do it if you like, but remember that a large part of your time is spent sitting, sitting at lessons, at meals, when reading or talking, and so on. Nearly one-third of each day you are sitting, and therefore forming yourself into one shape or the other. The thing is to form yourself into the right one.

The wrong one makes you look pretty dowdy and sloppy when you are going about, but worse than that it lets your lungs slack down and the muscles of the stomach relax, so that instead of drawing the full breath of air into your chest for renewing your blood you are only breathing in a little driblet almost down in your stomach.

So buck up : correct your position while your muscles are still young and forming themselves ; later on, when they are " set " you won't be able to alter them. So it just depends on you yourself whether you are going to be a fine upstanding healthy woman or a sloppy old thing.

THE SIX RULES OF HEALTH

1. Fresh Air.
2. Cleanliness,
   (*a*) Personal,
   (*b*) Surroundings.
3. Exercise.
4. Food.
5. Clothing.
6. Rest.

CHAPTER VIII

HOW TO BECOME A FIRST CLASS GUIDE

WHY is a Second-Class Guide like an advertisement of Pears' Soap ? Because she sees the First Class Badge within her reach if she only tries for it and " she won't be happy till she gets it."

She won't be happy till she gets it.

1st Class Guide.

At any rate I *hope* she won't, because a Guide who is content to sit down and be a second Class Guide is only a third class girl.

It is true that when she has got her Second Class, she can go in for Proficiency Badges and cover her arm with them, but I would much rather see a Guide with the one Badge of First Class on her left arm than one with a dozen on her right.

After all the First Class tests are not so very hard. They look a lot, but like many other difficulties in this world they are not so bad as they look when you smile at them and tackle them.

Here are the tests that you have to go through for becoming First Class Guides :—

You must be a Second Class Guide and have a good influence in your company.

Read *Scouting for Boys* and state briefly the origin of the Guide Movement, and its development.

I. Intelligence

1. Estimate three of the following: Height, weight, distance, number, time. The percentage of error may not exceed 25%.
2. Be able to use a compass and find the 16 points by the sun and the stars.
3. Understand the meaning of thrift and show that she has endeavoured to prevent waste in six practical ways—three with regard to her own property and three with regard to that of other people.
4. Train a recruit to pass her Tenderfoot test.

II. Handicraft

Hold Cook, Needlewoman, and Child Nurse Badges.

III. Health

1. Walk two miles in 30 minutes (Scout's pace if necessary) and arrive in good condition.
2. Be able to teach a Tenderfoot the Health Rules.
3. Must be able to swim fifty yards,* and throw a life line to reach a person fifteen yards away with regularity.

IV. Service

1. Have an intimate knowledge of the neighbourhood within a radius of half a mile from her home or Guide Headquarters (for country Guides one mile), and be able to direct a stranger to the nearest doctor, fire, ambulance, telephone, police or railway station, or post or telegraph office, pillar-box, garage, and nearest place for petrol, etc., from any point within that district. Be able to read a map, and know to which places the main roads lead.
2. Draw at the test a rough sketch map which would enable a stranger to find his way from any given point to another.
3. Take two other Guides (not First Class) for a half-day's hike, when possible following a map. The tester, who may accompany or join them at any point, should judge them on their general turn-out, programme, organisation, manners, care of other people's property, clearing-up, enjoyment, etc., type of food and its method of cooking.
4. (*a*) Know how to deal with the following: shock, hæmorrhage (various methods), asphyxiation (artificial respiration), fire accident and ice accident, unconsciousness from accident, fits, and fainting.

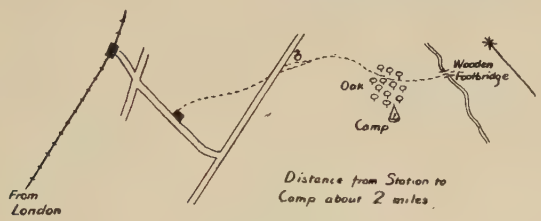
*A lower grade First Class is now instituted, called the Green First Class (*see Book of Rules*).

(*b*) Understand the preparation of bed for patient; the changing of sheets and the prevention of bed sores. Be able to use a clinical thermometer and to make and apply fomentations.

How to Draw a Map

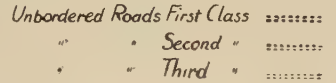
Once I paid a Boer five pounds for a map which he drew for me with a stub of a pencil on a bit of brown paper. He had never learnt drawing or mapping, but he was able to jot down a map that was of great value to me in a campaign against the Zulus.

Almost any savage can draw you a map in the sand with the point of his stick: so I am sure that any Guide could do it on paper with a pencil—especially after a little practice.

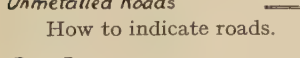


A sketch map.

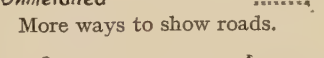
How to indicate roads.



More ways to show roads.

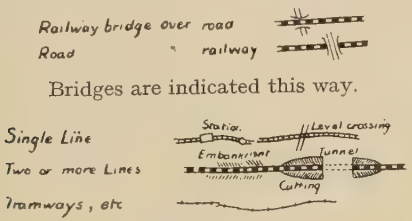


Paths and boundaries.

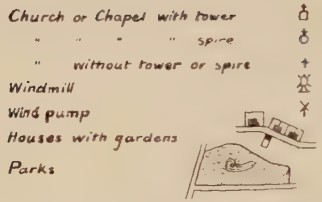


On highroads between large towns you can show the mileage like this.

Bridges are indicated this way.

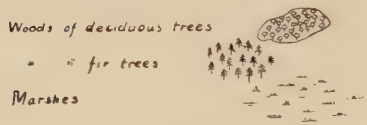


Trains and trams.

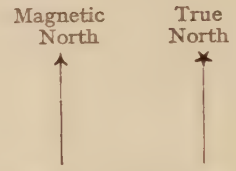


This is the way to show buildings, etc.

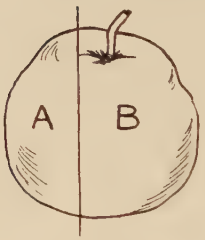
Rivers.

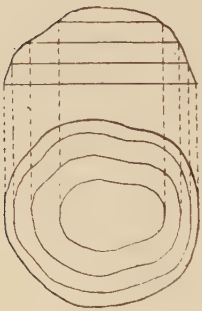


Woods, etc.



Signs for north on map.





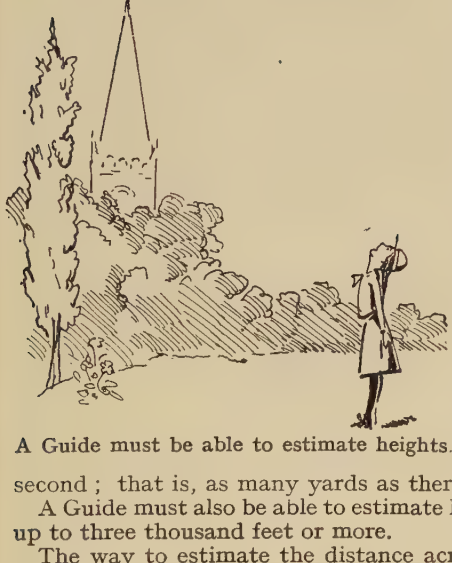
Contour mapping.

You know how useful it is to be able to read a map. Well, it is still more useful to be able to draw one for helping other people to find their way. You would not be a real *Guide* unless you could do this.

The above signs are the conventional signs used in map-making. Contouring is most easily explained by cutting an apple in half and placing the halves face downwards, to represent a hill. You can then slice the pieces horizontally at regular distances to illustrate heights as shown on a map.

Judging Heights and Distances

Every Guide must be able to judge distance from an inch up to a mile and more. You ought, first of all, to know exactly what is the span of your hand and the breadth of your thumb, and the length from your elbow to your wrist, and the length from one hand to the other with your arms stretched out to either side, and also the length of your feet and of your stride ; if you remember these accurately, they are a great help to you in measuring things.



A Guide must be able to estimate heights.

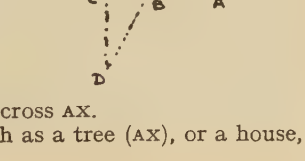
Judging the distance of objects from you is only gained by practice, and judging the distance of a journey is generally estimated by seeing how long you have been travelling, and at what rate; that is to say, supposing you walk at the rate of four miles an hour, if you have been walking for an hour and a half you know that you have done about six miles.

Distance can also be judged by sound; that is to say, if you see a gun fired in the distance, and you count the number of seconds between the flash and the sound of the explosion reaching you, you will be able to tell how far off you are from the gun.

Sound travels at the rate of 365 yards in a second; that is, as many yards as there are days in the year.

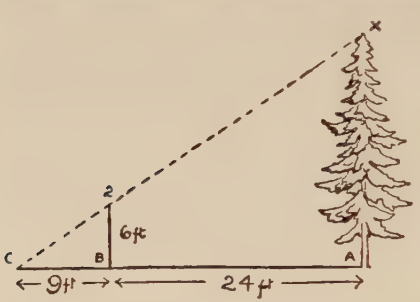
A Guide must also be able to estimate heights, from a few inches up to three thousand feet or more.

The way to estimate the distance across a river is to take an object x, such as a tree or rock on the opposite bank; start off at right angles to it from A, and pace, say, ninety yards along your bank; on arriving at sixty yards, plant a stick or stone, B; on arriving at C, thirty yards beyond that, that is ninety from the start, turn at right angles and walk inland, counting your paces until you bring the stick and the distant tree in line; the number of paces that you have taken from the bank CD will then give you the half distance across AX.



To find the height of an object such as a tree (AX), or a house,

pace a distance of, say, eight yards away from it, and there at B plant a stick, say, six feet high; then pass on until you arrive at a point where the top of the stick comes in line C with the top of the tree; then the whole distance AC from the foot is to AX, the height of the tree, the same as the distance BC, from the stick, is to the height of the stick; that is, if the whole distance AC is thirty-three-feet, and the distance BC from the stick is nine (the stick being six feet high), the tree is twenty-two feet high.



(B.Y.B.M.)

Games in Pathfinding

Learn how to recognise the Great Bear and the Pole Star and Orion; to judge time by the sun; find the south by the watch. Practise map reading and finding the way by the map; and mark off roads by blazing, broken branches, and signs drawn on the ground.

Guider takes a patrol in patrolling formation into a strange town or into an intricate piece of strange country, with a cycling map. She then gives instructions as to where she wants to go to, makes each Guide in turn lead the patrol, say, for seven minutes if cycling, fifteen minutes if walking. This Guide is to find the way entirely by the map, and points are given for ability in reading.

How to Train a Tenderfoot

You know the things that you had to do as a Tenderfoot. It is now your business to do a good turn to another girl by showing her how to become a Guide. Mind you, it is all done by kindness and example. Perhaps you will find your pupil very shy or slow or stupid. Well, Be Prepared, for that and—smile. Be jolly with her. Don't try and teach her everything all at once. Show her generally all that she has to do and then begin with one thing and do it for her—then repeat it with her—and finally let her do it for herself. Let her make her mistakes at first and show her *afterwards* where she went wrong. She will soon get the hang of it all.

Then your own example is what will influence her a lot. If you get impatient and short-tempered so will she. If you laugh and enjoy the lesson so will she, and between you, you will get along like a house on fire.

COOKING

Cooking is great fun—sometimes quite exciting, when you try inventing new dishes.

You can only become a cook by practice under the help of an experienced cook. But here are a few practical hints that will be helpful.

Eggs.—Is an egg lighter or heavier when cooked? An experienced cook is experienced in eggs. There are " new laid " eggs which are fresh and " fresh " eggs which are not; there are " cooking " eggs which are liable to squeak. Eggs are safe in their shells, and think you don't know whether they are fresh or not, or whether they are raw. Any egg can be thrown out of a first-floor window on to the lawn without the shell breaking, it falls like a cat, right end upwards, and this is not a boiled egg, either! You can tell that because it will not spin on the table, so it must have been a raw egg. A cooked egg would spin.

To tell a stale egg, you will see it is more transparent at the *thick* end when you hold it up to the light.

Fresh eggs are more transparent in the *middle*. Very bad eggs will *float* in a pan of water.

Poached Eggs.—Break each egg separately into a cup. When your water is boiling fast, drop in an egg sharply. Use a large deep pan, with salt and vinegar in the water. Lift the egg very carefully in a ladle before it is set too hard. Place the eggs all round a soup plate, pour over them a nice sauce, made with flour and butter, a little milk, and some grated cheese and salt.

Meat.—Examine the meat before you accept it. If you do not know the looks of good meat, you should go to a butcher's shop and ask him to show you how to know it. Much gristle is a sign of old age. You can easily tell if meat smells disagreeable. Beef should be of a bright red colour, and juicy and elastic. The fat should be firm and of a pale straw colour. Mutton should feel dryish and the fat look white. All papers must be taken off at once. The feet of fowls should be soft and flexible, not dry, and the skin of the back should not be discoloured.

Beef and mutton, when underdone, are more easily digested than when cooked through.

Roasting and grilling of meat is done to so heat the outside that the juices are kept in. The meat has to be frequently turned to prevent it burning, but allow plenty of salt to melt into the

meat with the dripping, or it will taste just as good as a sole of a boot.

As Mr. Holding said: "The only method I know of for properly making your meat thoroughly indigestible" is to hurry a stew.

To stew or braise any meat or fowl you must leave it long and keep it slow. The flavour is improved if the meat be fried first. Then put in flavouring vegetables, bacon, herbs, and a little stock, and by the time you have done a day's work you will find a dish fit for a king. Even tough meat can be made delicious in this way, so long as it never gets near boiling and is closely covered. This is a case of "Sow hurry, and you reap indigestion."

Fish.—A most unwholesome food is stale fish. The gills, if fresh, should be bright red. Tinned fish is often poisonous. Fish is a food which you can get more good from, considering the price, than if you bought meat, and the most nourishing fish is one of the cheapest—that is the herring. Pieces of fish, buttered, can be deliciously steamed or baked if laid between two plates over a saucepan of water.

Oatmeal.—Oats, too, are full of value; a pound and a half a day will keep a hard-working man, for oatmeal increases the power of the muscles, and is rich in bone and flesh forming materials. What you can get out of oats for 2½*d.* would cost you 3*s.* 6*d.* in lean beef. Oats give increased mental vigour and vitality, as they have so much nerve and brain nourishment in them.

Oatmeal should be kept *fresh* in a shut tin.

If you think your brain requires a fillip, eat plenty of haricot beans, but they must be very much cooked, and should be well buttered. Frumenty is good, too.

Vegetables.—Of vegetables I should like to say they can scarcely be too much cooked. Wash well in salted water; let leafy ones have a swim to get rid of grasshoppers and caterpillars and sand. then put them in boiling salted water and take off the lid. Roots may be allowed lids.

Peel and slice your onions under water or at a tap.

I once watched a grand *chef* cooking potatoes, and he told me that the best of the potato lies next the skin, so he never cuts it, but he peels his potatoes on a fork after boiling. The cunning cook boils a bunch of mint with the potatoes.

Excellent food for workers are parsnips, beetroots, or onions.

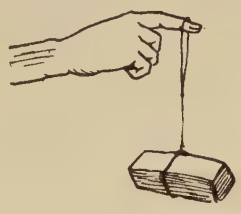
Boiling Meat.—If you want the meat and not the juice, you should have your pot boiling fast when the meat is put in. But if you want gravy or beef-tea (not meat), put your meat into cold water and bring it slowly to the boil.

Stock Pot.—Keep a pot going all day, into which you can put

any broken-up bones or scraps left over, to make nourishing broth. Clean turnips, carrots, and onions improve it. Before using let it get cold, so as to skim off the fat.

Barley, rice, or tapioca may be added, and for flavouring add salt, pepper, chopped parsley, celery, a clove, or mace.

Milk.—When you buy milk in the Highlands it is to be hoped you will have a good appetite, for a Scottish pint equals four English pints. Milk will take the flavour of any strong smell near it. Stale milk added to fresh will turn the whole of it sour. Sour milk need not be wasted. You can use it for baking or cooking, by adding bicarbonate of soda. Sour milk will clean ink or fruit stains, and in washing it bleaches linen. Yellowed linen should soak in it, so should spoons and forks. Sour milk cleanses oil-cloth as well as women's faces and hands. Chickens and turkeys get fat and lay better for being fed on it.



To weigh roughly, tie a loop of string to your packet of tea, sugar, etc., and pass it on to your first finger. I find three pounds is as much as I can hold on my nail. If the loop is shifted to the root of the nail, four pounds is all one can hold. If the string is placed on the first joint, I find the parcel weighs seven pounds. Each person will be different, but you can find out your own power of lifting and then you will know exactly for the future. A good half-crown will weigh nearly half an ounce, and three new pennies one ounce.

Boiling water is useful to dip your sardine into if you want to get his skin off. But do not dip him into the tea-kettle. To cut very new bread easily you should put the knife into a jug of boiling water. Cooking in water mostly spoils food, except greens. Water was never meant to cook with. Water does pretty well for washing in, also as a means of steaming a pan; but if you use it for cooking in, it washes out all the flavour. Cook your food in a covered earthenware jar, standing in water in a covered saucepan.

HAY BOX COOKING

A jolly useful thing for saving coal, saving time, and saving money is a Hay Box.

The suggestions I give below are extracts from a number of useful hints on cooking issued in leaflets by the Association of Teachers of Domestic Subjects, 10, Norfolk Street, Strand, London.

The Hay Box is a very valuable help to you in your enjoyment of camp, because once you have started the food cooking you shove it in the Hay Box, you press the lid, and the Hay Box does the rest !

And you can leave the dinner to cook itself while you go out and play camp games.

And so, too, in your own home, once you have started the food cooking you can put out the fire, and thus save fuel or gas, and let the Hay Box finish the job for you.

Construction of Box

Obtain a large wooden box, such as a Tate's sugar-box. Line with double newspaper. Fill the box to within two or three inches of the top with very tightly packed hay, scoop out of the centre of the hay a cavity large enough to hold the cooking utensil. Make a cushion of house flannel to fit the top of the box exactly and stuff it tightly with hay.

Rules for Use of Hay Box

Use saucepans with tightly fitting lids and short handles. Those made of aluminium or earthenware are preferable. Jam jars or large tins tightly covered may be used.

Bring the food to boiling point on the gas cooker or kitchen range and while boiling place it *at once* in the box. Some foods require a certain amount of cooking previous to being placed in the Hay Box (see table below).

Wrap the cooking utensil in newspaper, and place in the prepared nest in the Hay Box.

Over this place the hay cushion and close the lid firmly. There must be no space between the cushion and the lid.

NOTE.—To obtain satisfactory results, pack the stewpan as quickly and firmly as possible ; this is to prevent loss of heat.

Average Time for Various Foods

Meat.—Cook for about half the usual time on the gas or kitchen range, and about four to six hours in the Hay Box.

Pulse.—Soak overnight. Boil for 30 minutes. Allow three to four hours in the box.

Fresh Fruit.—Bring to boiling point and place in the box at once. Allow one or two hours, according to the firmness of the fruit.

Dried Fruit.—Soak overnight, bring to boiling point and put in the box for three to five hours.

Oatmeal.—Boil for five minutes and leave in the box all night.

Quaker Oats.—Bring to boiling point and leave in the box two hours.

Other foods such as vegetables, bacon, etc., can be cooked by this method.

BREAD MAKING

BROWN BREAD (approximate yield : two 2 lb. loaves).

3 lbs. wheatmeal.
1 oz. yeast.
2 teaspoonfuls sugar.
3 level teaspoonfuls salt.
About 1½ pints of tepid water.

Make as for other Yeast Bread.

Put the flour into a warm basin. Make hole in centre. Mix yeast and sugar together, add tepid water. Pour into centre of flour, cover with flour, sprinkle salt round the edge. Stand in a warm place to sponge. Make into dough—rather slacker than white bread. Set to rise in a warm place, until the dough has risen double its size, Knead and make into loaves. Put the loaves to rise for half an hour. Bake in a hot oven until done. A half-quartern loaf takes about 1½ hours to bake.

(B.Y.B.M.)

Small Economies

In the preparation and cooking of food there should be nothing for the dust-bin, and only cabbage or egg water for the drain.

Rinds and bones of bacon
Outside stalks of celery
The young green parts of vegetables.
Pieces of gristle, skin and bone
Pea pods.
} Flavour soup or stock.

Thick stems of cabbage or cauliflower leaves may be served with the vegetables or separately, if given sufficient time to cook.

Water from boiled cauliflower makes a good soup. (Soda is not used in boiling cauliflower.)

Apple skins—stones from jam—the surplus water from bottled fruit—boiled with a little sugar and water make a very good fruit syrup to serve with milk or suet puddings.

The sugar from candied peel will sweeten and flavour a rice pudding.

Water from boiled rice makes a thin stock for soups, or can be used to stiffen articles of clothing in place of starch.

The grease-proof paper from margarine, etc., will cover steamed puddings.

Dirty salt scraped from outside of block salt removes stains from enamel.

Tissue paper cut into rounds and dipped in warm milk will make air-tight covers for jam-pots, or can be used for polishing glass or metal.

Newspapers can be used for lining the fireless cooker, wiping greasy saucepans or knives before washing, making fire lighters, rubbing over the stoves—the dirty pieces can be soaked in water, made into balls and put on the fire to keep it at a steady heat.

Dried orange skins, nutshells, used matches, match-boxes, empty reels, fruit punnets, are useful for fire lighting.

Vegetable parings not fit for food should be dried and used as fuel unless animals are kept.

Gas Stove

The stove and utensils should be kept clean.

Shallow flat-bottomed vessels should be used.

A compartment steamer cooks three or four different foods on one burner.

A pudding in a basin can be raised out of water by a meat stand placed at the bottom of an ordinary saucepan—and vegetables cooked in a perforated steam pan above.

Where possible arrange a meal to be cooked all on the top of the stove, or all in the oven.

Avoid heating the oven to cook a single dish.

Utilise all space when the oven is heated—food may be partly or wholly cooked for following day.

In a gas oven three or four small tins are better than one large tin which fills the shelf. By the former method free circulation of heat is not prevented, and cooking is more efficient. If a large tin is used, have holes drilled in it to allow passage of heat.

Fill the kettle before lighting the gas, and turn out the gas before emptying the kettle.

Don't *fill* the kettle if only a pint of water is wanted.

Tips for Cleaning.—Directly your cooking pot is empty pour cold water into it and put it on the fire to prevent the leavings getting hard, it will then be quite easy to clean later on.

Personally I like washing up, though some people don't, but the main thing is to keep the greasy things to the last. Wash the cleaner things first in hot water with a clean dishcloth, then add hotter water and deal with the greasy things.

Dry the utensils with a dry towel, then dry further in warm air, and finally polish with a soft cloth.

NEEDLEWOMAN

Needlework.—" A Stich in time saves nine." I cannot agree with this favourite saying, because I feel sure it saves so many

more than nine, besides saving time and preventing looking untidy.

I will tell you another thing I don't believe in. Tailors, who are such neat workers, will say that they never pin their work first. If you are not a tailor, it is much better to place your work before you begin, with plenty of pins. You will never get straight lines or smooth corners if you do not plan and place it all first, just as it has got to be, and tack it there.

Have you noticed that thread is very fond of tying itself into a bow; but this can be prevented by threading the cotton into the needle before you cut it off the reel, making your knot at the end you cut.

Rough measures may be said to be one inch across a half-penny, and a yard from nose to thumb as far as you can reach. Needlework is good for all of us; it rests and calms the mind. You can think peacefully over all the worries of Europe whilst you are stitching. Sewing generally solves all the toughest problems, chiefly other people's.

The Guides' Patch.—I don't know whether you ever did such a thing as burn a hole in your dress, but I have, and if it is in the front, oh, dear! what will mother say? Now, there is a very good way that Guides have of making it all right and serviceable; they put in a piece and darn it in all round. If possible, get a piece of the same stuff, then it will not fade a different tint, and will wear the same as the rest. You may undo the hem and cut out a bit, or perhaps you may have some scraps over from cutting out your dress.

The piece must be cut three or four inches larger than the hole and frayed out on all four sides. Trim the hole with your scissors neatly all round quite square with the thread. Then lay your piece over the hole—of course, on the back or "wrong side"—and tack it there with cotton. Now take the darning needle, and thread each thread in turn and darn each one into the stuff. If the ends of stuff are very short, it is best to run your needle in and out where you are going to darn, and then, before pulling it through, thread it with the wool. This patching is excellent for table-linen.

I once had an aunt who was a thorough old Guide, and was rather proud of her mending, and she always said that she didn't mind what coloured cotton you gave her to sew with, because her stitches hardly ever showed, they were so small, and also she put them inside the stuff. If she was putting on a patch to blue stuff, she could do it with red cotton, and you would never have noticed it on the right side; her stitches were all under the edge. Or else she sewed it at the back, on the "wrong" side, so that it looked perfectly neat.

If you are not able to match the wool for a darn, it is a good plan

to use the ravellings of the stuff itself. Sometimes, away in the country, you can't go to a shop and you have nothing like the piece you want to mend. A Guide would turn it inside out and undo a little of the hem and ravel out the edge. Suppose you were to cut a hole in the front of your blue serge skirt ; if you darn it with the ravellings of the turnings of the seam or the hem, that will be exactly the same colour and the same thickness as your dress. No wool you could buy would match as well. Or if you want to mend a jersey or knitted gloves, you never could buy such a good match—the same sized wools and the tints.

HOW TO DEAL WITH FIRES AND ACCIDENTS

Fire.—If you discover a house on fire you should—

1st—Alarm the people inside.
2nd—Warn the nearest policeman or fire-brigade station.
3rd—Rouse neighbours to bring ladders, mattresses, carpets, to catch people jumping.

After arrival of fire engines the best thing Guides can do is to help the police in keeping back the crowd out of the way of the firemen, hose, etc.

There is a useful kind of drill called " Scrum " for keeping back the crowd. The Guides form a line, or double line, and pass their arms round each other's waists, and shove, head down, into the crowd, and so drive it back.

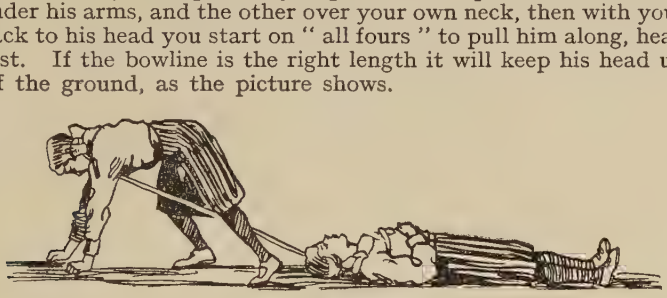
If it is necessary to go into a house to search for feeble or insensible people, the thing is to place a wet handkerchief or worsted stocking over your nose and mouth and walk in a stooping position, or crawl along on your hands and knees quite near the floor, as it is here that there is least smoke or gas. Also, for passing through fire and sparks, if you can, get hold of a blanket and wet it, and cut a hole in the middle through which to put your head ; it forms a kind of fireproof mantle, with which you can push through flames and sparks. [*Practise this.*]

If you find a person with his clothes on fire, you should throw him flat on the floor, because flames only burn upwards, then roll him up in the hearthrug or carpet, coat or blanket, and take care in doing so that you don't catch fire yourself. The reason for doing this is that fire cannot continue to burn where it has no air.

When you find an insensible person (and very often in their fright they will have hidden themselves under beds and tables, etc.), you should either carry him out on your shoulder, or, what is often more practicable in the case of heavy smoke, gas fumes, or in battle when under heavy fire, etc., harness yourself on to him with sheets or cords and drag him out of the room along the floor, crawling on all fours yourself.

A soldier was recently awarded the Distinguished Conduct Medal for thus getting his wounded officer into safety while being fired at by the enemy.

To do this you lay the patient on his back, make a bowline at each end of your rope, one you put over the patient's chest, and under his arms, and the other over your own neck, then with your back to his head you start on " all fours " to pull him along, head first. If the bowline is the right length it will keep his head up off the ground, as the picture shows.



Moving an insensible girl.

Burns.—In treating a man who has been burnt, remove his clothes, not by peeling them off, but by cutting them with a SHARP knife or scissors. If any part of the clothing sticks to the skin from having been burnt there do not tear it away, but cut the cloth round it. Exclude all air as soon as possible by covering burnt part or putting it into a basin of lukewarm water containing Bicarbonate of Soda (1 dessertspoonful to a pint) whilst waiting for dressing to be got ready.

If burn is slight, dress with Tannifax, cover with gauze and wool and bandage. If burns are extensive, soak strips of old linen in Bicarbonate of Soda solution (same proportion as above) or strong tea, and cover with gauze, wool and bandage, whilst waiting for the doctor.

Tannifax should only be applied if no help is available within an hour. **Do not** put on any oil or grease, as it is extremely liable to cause dangerous infection.

Every effort should be made to counteract shock, which will always occur after extensive or even slight burns. Send for the doctor immediately ; in the meantime keep the patient warm and give complete rest.

Several Guides have been awarded the medal for saving life in fires. Guide Lily Taylor saved three children from a burning house ; Guides Maud Teekels and Florence Joy saved two, and Guide Violet Goode saved a maid. Quite a large number of Guides have saved lives in the water through knowing how to swim and what to do.

Saving Life from Drowning.—A moderate swimmer can save

a drowning man if she knows how, and has practised it a few times with her friends. The popular idea that a drowning person rises three times before he finally sinks is all nonsense. He often drowns at once, unless someone is quick to help him. The important point is not to let the drowning person catch hold of you, or he will probably drown you too. Keep behind him always. If you find yourself clutched by the wrist, turn your wrist against his thumb and force yourself free. Your best way in helping a drowning man is to keep behind and hold him up by the elbows, or by the back of the neck, or by putting your arms under his armpits and your hands across his chest, and telling him to keep quiet and not to struggle. If he obeys, you can easily keep him afloat ; but otherwise be careful that in his terror he does not turn over and catch hold of you. If he should seize you by the neck, Holbein says, " Scrag him, and scrag him quickly. Place your arm round his waist, and the other hand, palm upwards, under his chin, with your finger-tips under his nose. Pull and push with all your might, and he must perforce let go." But you will never remember this unless you practise it frequently with other people first, each taking it in turns to be the drowning man or rescuer.

[*Practise this.*]

If you see a person fall into the water and begin to drown, and you yourself are unable to swim, you must throw a rope, or an oar, or plank right over him, so that when he comes up again he may clutch at it and hold it.

Drowning.—To restore any one who is apparently drowned, it is necessary at once to clear the water out of his lungs, for which purpose, therefore, you should incline him face downwards and head downwards, so that the water may run out of his mouth, and to help it you should open his mouth and pull forward his tongue. After running the water out of the patient, place him on his side with his body slightly hanging down, and keep the tongue hanging out. If he is breathing, let him rest ; if he is not breathing, you must at once endeavour to restore breathing artificially.

Artificial Respiration.

There are several ways of reviving persons apparently drowned. You may find one person eager to do exactly the opposite of another, but do not fight over it ; the best thing is to do quickly whatever you can. Probably " Schäfer's system " is the simplest.

Lay the patient down with his bent arm to support the forehead.

Place your hands on the small of the patient's back, one on each side, with thumbs parallel and nearly touching, and the fingers reaching only to the lowest ribs.

Bend forward with the arms straight, so as to allow the weight of your body to fall on your wrists, and then make a firm, steady downward pressure on the loins of the patient, while you count slowly, one—two—three, to press the patient's stomach against the ground and to force the air from his chest.

Then swing your body backwards so as to relieve the pressure, and without removing your hands, while you count slowly, one—two.

Continue this backward and forward movement, alternately relieving and pressing the patent's stomach against the ground in order to drive the air out of his chest and mouth, and allowing it to suck itself in again, until gradually the patient begins to do it for himself.

The proper pace for the movement should be about twelve pressures to the minute.

As soon as the patient is breathing, you can leave off the pressure; but watch him, and if he fails you must start again or get someone to take your place till he can breathe for himself.

Then let him lie in a natural position, and set to work to get him warm by putting hot flannels or bottles of hot water between his thighs, and under his arms, and against the soles of his feet, but not before he is breathing. Wet clothing should be taken off and hot blankets rolled round him. The patient should be disturbed as little as possible, and encouraged to sleep, while carefully watched for at least an hour afterwards.

"If I can't swim I have at least learnt how to fling a lifebuoy."

This is called the Schäfer method, and can be used equally well for apparently drowned people or for those overcome with smoke or gas fumes.

Now just practise this with another Guide a few times, so that you understand exactly how to do it, and so Be Prepared to do it

to some poor fellow, maybe, really in need of it one day.

Make the Guides, in pairs, practise above.

Injured : taking off clothes. Pull off from the well or uninjured side first, then when all is loose, carefully uncover the injured part, Try not to move it, cut the sleeve or trouser up the seam with the rounded end of scissors inside the cloth. If clothes have to be put on again, sew pairs of tapes to edges.

Accidents

Electric Shock.—Men frequently get knocked insensible by touching an electric cable or rail. The patient should be moved from the rail, but you have to be careful in doing this that you don't get the electric shock also. In the first place put glass, if possible, for yourself to stand upon, or dry wood if glass is not obtainable, or put on india-rubber boots. Also put on india-rubber gloves before touching the patient. If you have none, wrap your hands in several thicknesses of *dry* cloth, and pull the patient away with a stick.

A boy was hunting butterflies at St. Ouen, in France, the other day, when he fell on the " live " rail of the electric railway and was instantly killed by the shock. A passer-by, in trying to lift him off, fell dead beside him. A brickmaker ran up and tried to rescue them, and was himself struck dead in the same way. The two would-be rescuers were killed through not having learned beforehand what was the right thing to do.

(B.Y.B.M.)

Gas, Smoke, or Fumes.—Accidents are continually occurring from escapes of gas in mines, sewers, and houses.

In endeavouring to rescue a person, keep your nose and mouth well covered with a wet handkerchief, and get your head as close to the floor as possible, and drag the insensible person out as I have suggested in case of a fire. Drag your patient as quickly as

Push a long ladder or pole across the hole.

possible into the fresh air—(I say as quickly as possible, because if you delay about it you are very apt to be overcome by the noxious gas yourself)—then loosen all his clothing about the neck and chest, dash cold water in his face, and apply burnt feathers under his nose. If you find that he is no longer breathing, then treat him as you would an apparently drowned person, and try and work back the breath into his body.

Ice Accidents.—If a person falls through ice, and is unable to get out again because of the edges breaking, throw him a rope and tell him not to struggle. This may give him confidence until you can get a long ladder or pole ACROSS the hole, which will enable him to crawl out, or will allow you to crawl out to catch hold of him.

AMBULANCE

The Guide Ambulance Badge is awarded on the appropriate Certificate of the British Red Cross Society, or St. John Ambulance Association. (See *Book of Rules.*)

First Aid

When you see an accident in the street or people injured in an air raid, the sight of the torn limbs, the blood, the broken bones, and the sound of the groans and sobbing all make you feel sick and horrified and anxious to get away from it—if you're not a Girl Guide. But that is cowardice : your business as a Guide is to steel yourself to face it and to help the poor victim. As a matter of fact, after a trial or two you really get to like such jobs, because with coolheadedness and knowledge of what to do you feel you give the much-needed help.

In an accident when you are alone with the injured person, if he is unconscious lay him on his back with his head a little raised and on one side so that he does not choke, and so that any vomit or water, etc., can run out of his mouth. Loosen the clothing about his neck and chest. See where he is injured, and treat him according to what you are taught in learning " First Aid."

If you have found the man lying insensible you should carefully examine the ground round him for any " sign," and take note of it and of his position, etc., in case it should afterwards appear that he had been attacked by others.

[*Practise above, one girl as patient, the other to find her. Make " sign " round the patient.*]

If you are out with a patrol and an accident happens, or you find an injured man, the patrol leader should direct one Guide to go for a doctor ; she herself will attend to the patient with one Guide to help her. The second will use the other Guides in assisting by

getting water or blankets, or making a stretcher, or keeping the crowd back by forming a fence with their staves.

As a rule it is best to keep the patient quite quiet at first ; unless it is necessary, do not try to move him ; and don't bother him with questions until he recovers a bit.

Broken Limbs.—How to tell when a limb is broken.

There is generally a swelling and pain about the place where the bone has broken, and sometimes the limb is bent in an unnatural way and the patient cannot use it.

The broken limb should not be moved about at all, but should be straightened and bound to something stiff that will keep it stiff and straight while the patient is being moved to hospital or home.

Splints.—The stiff thing that you tie to the injured limb is called a splint. This may be anything such as a wooden batten, Scout's staff, tightly rolled newspaper, etc.

Bandaging.

Splints should be long enough to go beyond the joints above and below the break. You should put a splint on each side of the limb if possible.

Then bind the splints firmly from end to end with handkerchiefs or strips of linen or cloths, but not so tightly as to stop the blood circulating or to press into the swelling.

[*Practise this.*]

Bandage.—For binding a broken limb you want a good large three-cornered bandage. Its two sides should be each about forty inches long.

To make a sling for broken arm or collarbone, hang the bandage round the patient's neck, tying the two ends together in a reef-knot with the point of the bandage towards the damaged arm. Rest the arm in this sling and bring the point round the back of the arm and pin it to hold the elbow in the sling.

Fishhook in the Skin.—I got a fishhook into my finger the other day. I got a knife and cut off all the fly which was on the hook, then pushed the hook farther into my finger till the point began to push against the skin from inside. With a sharp knife I cut a little slit in the skin so that the point came easily through, and I was then able to get hold of it and to pull the whole hook through. Of course you cannot get a hook out backwards, as the barb holds tight in the flesh all the time. Such fun !

Frost-bite.—In Arctic countries or extreme cold men are liable to get frost-bitten. That is, their ears, or nose, or fingers, or toes get killed by the cold. The patient does not feel any pain ; the part becomes numb and turns very white and waxy, and afterwards purple.

Directly this is noticed the part should be rubbed with snow or with the hand until the blood comes back to it. On no account should it be warmed by putting the patient in a warm room or near a fire ; that would kill the part at once.

Hysterics.—Nervous people, especially women, get hysterics when excited, crying, laughing, and screaming. The best treatment is to shut the patient into a room and leave her entirely alone till she gets over it. Don't try and soothe her, it only makes her worse.

Fainting.—If your patient faints and is pale—fainting comes from too little blood in the head—make him sit down, and push his head down between his knees. Pressure on a nerve (for instance, in top of eye socket) will often revive, or a pinch of snuff. If his face is flushed raise the head—there is too much blood in it, as in apoplexy or sunstroke.

Toothache.—This is not mentioned in most first aid instructions, and yet you can earn many blessings by knowing how to relieve it. Here is a simple way that is generally successful, especially if the offending tooth is in the upper jaw. Steep a little bit of cotton-wool in spirits ; brandy or whisky will do. Stuff the wool into one nostril—the patient's nostril, I mean, not your own—hold the other nostril tight shut and make the patient draw in the air through the wool. The spirit is thus sucked in on to the nerve, which lies near the back of the nose, and it very quickly relieves the pain.

Fits.—A man cries out and falls, and twitches and jerks his limbs about, froths at the mouth : he is in a fit. It is no good to do anything to him but to put a bit of wood or cork between his jaws, so that he does not bite his tongue. Let him sleep well after a fit.

Poisoning.—If a person suddenly falls very ill after taking food, or is known to have taken poison, the first thing to do is to make him swallow some milk or raw eggs. These seem to collect all the poison that is otherwise spread about inside him. Then, if the mouth is not stained or burnt by the poison, make him sick if possible by giving him salt and warm water, and try tickling the inside of his throat with a feather. Then more eggs and milk, and weak tea. If the poison is an acid that burns, the patient should not be made to vomit, but milk or salad oil should be given. The patient should be kept awake if he gets drowsy.

Blood-poisoning.—This results from dirt being allowed to get into a wound. Swelling, pain, red veins appear. Fomenting with hot water is the best relief.

Choking.—Loosen collar ; hold the patient's nose with one hand and with the forefinger of the other, or with the handle of a spoon

try and pull out whatever is stuck in his throat. By pressing down the root of the tongue you may make him sick and throw out the obstruction. For slight choking make patient bend head well back and swallow small pills made of bread, and sip water. Sometimes a good hard smack on the back will do him good.

Choking sometimes comes from a sudden swelling inside the throat. In this case put hot steaming flannel fomentations to the neck and give the patient ice to suck or cold water to sip.

Quinsy.—When I was in the Andes Mountains in South America recently, I heard of two Englishmen who had died there not long before from choking by quinsy, simply because there was no one by who knew what to do in such a case. Everybody ought to Be Prepared to deal with quinsy if away from the help of doctors.

Most people suffer from tonsilitis at one time or another in their lives—that is a swelling of the tonsils—the round lumps of flesh on each side of the back of the throat. And sometimes, on rare occasions, the swelling becomes so great that the patient cannot breathe, the throat becomes completely blocked up. This is quinsy.

Very hot fomentations is the best step towards easing the pain and reducing the swelling.

The extreme measure is to lance the patient's tonsils.

Acid Burning.—A case occurred only the other day of a woman throwing vitriol over a man's face. This is an awful acid, which burns and eats away the flesh wherever it touches. Fortunately a policeman happened to be on the spot at the time, and knew what to do. He at once applied half warm water to which some soda had been added to wash off the acid, and then applied flour or whitening to protect the wound from the air and ease the pain as you would do for a burn.

Snake Bite.—Fortunately poisonous snakes are uncommon in England, but if you travel abroad you may come across them, and you ought always to know how to deal with bites from them. The same treatment does also for wounds from poisoned arrows, mad dogs, etc. Remember the poison from a bite gets into your blood, and goes all through your body in a very few beats of your pulse. Therefore, whatever you do must be done immediately. The great thing is to stop the poison rushing up the veins into the body. To do this bind a cord or handkerchief immediately round the limb *above* the place where the patient has been bitten, so as to stop the blood flying back to the heart with the poison. Then try and suck the poison out of the wound, and, if possible, cut the wound still more, to make it bleed, and run the poison out. The poison, when sucked into the mouth, does no harm unless you have a wound in your mouth. The patient should also be given stimulants, such as coffee or spirits, to a very big extent, and not allowed to

become drowsy, but should be walked about and pricked and smacked in order to keep his senses alive.

[*Practise this process in make-believe.*]

(T.I.B.)

Grit in the Eye.—Do not let your patient rub the eye ; it will only cause inflammation and swelling, and so make the difficulty of removing the grit all the greater.

If the grit is in the lower eyelid, draw down the lid as far as you can, and gently brush it out with the corner of a moistened handkerchief, or with a paint brush, or feather.

If it is under the upper lid, pull the lid away from the eyeball and push the under lid up underneath the upper one. In this way the eyelashes of the lower lid will generally clean the inside of the upper one.

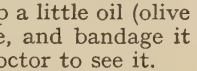
Another way, which every Guide must practise, is to seat your patient and stand behind him yourself with the back of his head against your chest. Lay a card, match, or any flat substance under your own thumb on the upper part of the upper eyelid, and then catch hold of the edge of the eyelid and draw it upwards over the match so that it turns inside out ; gently remove the grit with a feather or wet handkerchief, and roll the eyelid down again.

If the eye is much inflamed, bathe it with luke-warm weak tea,

If the grit is firmly embedded in the eye, drop a little oil (olive or castor oil) into the lower lid ; close the eye, and bandage it with a soft wet pad and bandage, and get a doctor to see it.

[*Practise above.*]

How to make eye-tweezers for removing a piece of grit from eye. Fold a piece of paper in two. With a sharp knife cut it to a point at an angle of 30°, and slightly moisten the point. Then bring it straight down over the eyeball of the patient, so that it can nip the obstruction, which is generally removed at the first attempt.



Stretchers may be arranged in some of the following ways :

(a) A hurdle, shutter, door, gate, covered well with straw, hay, clothing, sacking.

(b) A piece of carpet, blanket, sacking, tarpaulin, spread out, and two stout poles rolled up in the sides. Put clothes for a pillow.

(c) Two coats with the sleeves turned inside out ; pass two poles through the sleeves ; button the coats over them.

(d) Two poles passed through a couple of sacks, through holes at the bottom corners of each.

In carrying a patient on a stretcher be careful that he is made

quite comfortable before you start. Let both bearers rise together; they must walk *out of step*, and take short paces. It should be the duty of the hinder bearer to keep a careful watch on the patient.

If the poles are short four bearers will be necessary, one at each corner of the stretcher.

[*Practise these different methods.*]

How to Practise

In practising First Aid it is a great thing to bespatter the patient with blood and mud to accustom the rescuer to the sight of it, otherwise it will often unnerve him in a real accident. Sheep's blood can be got from the butcher's shop.

Prepare a heavy smoke fire in a neighbouring room or building (if possible on the first floor), while you are lecturing in the club room. Secretly arrange with two or three Guides that if an alarm of fire is given they should run about frightened and try and start a panic.

Have the alarm given either by getting some one to rush in and tell you of the fire, or by having some explosive bombs fired. Then let a patrol, or two patrols, tackle the fire under direction of their patrol leaders. They should shut windows and doors. Send Guides into different parts of the building to see if the fire is spreading, and to search for people in need of rescue.

These Guides should have wet handkerchiefs over their mouths and noses. "Insensible" people (or sack dummies) should be hidden under tables, etc.

Guides rescue them by shouldering or dragging them out and getting them down to the ground. Use jumping sheet, chute, etc.

Other parties lay and connect the hose, or make lines for passing fire buckets.

Another party revive the rescued by restoring animation. Another party form "scrum" or "fence" to help the police and fire brigade by keeping the crowd back.

Games

"*Dragging Race.*"—A line of patients of one patrol are laid out at fifty yards distance from start. Another patrol, each carrying a rope, run out, tie ropes to the patients, and drag them in. Time taken of last in. Patrols change places. The one which completes in shortest time wins. Knots must be correctly tied.

(B.Y.B.M.)

Physical Exercises and Health Rules

The simple physical exercises given in the earlier chapters will

give you all the movements needed to keep you well and to help your growth IF you only practise them. That is the secret. Set apart certain minutes in the day, especially in the early morning, and make it your habit to go through these exercises and you will make for yourself a wonderful difference in your health.

But alongside this giving health to your body, you must see to it that your surroundings, your home, the air, your food, and your clothing are also health-giving, otherwise all the exercise in the world will not help you.

Health Rules for the Home

Guides should do everything in their power to make and keep their homes healthy as well as happy.

Most of you cannot choose your own dwelling, but whether you live in a house, a cottage, a flat, in rooms, or even in one room of a house, you can do a very great deal to keep it healthy and pure.

Fresh air is your great friend; it will help you to fight disease better than anything else. Open all your windows as often as you can, so that the air may get into every nook and corner. Never keep an unused room shut up. You know what a stagnant pool is like—no fresh water runs through it, it is green and slimy, and full of insects and dead things; you would not care to bathe in it. Well, still and stuffy air in a house is very much worse, only, unluckily, its dangers cannot be seen, but they are there, lying in ambush for the ignorant person. Disease germs, poisonous gases, mildew, insects, dust, and dirt have it all their own way in stale, used-up air. You do not like to wash in water other people have used, but it is far worse to breathe air other people have breathed. Air does not flow in and flow out of the same opening at the same time any more than water does, so you want two openings in a room—an open window to let the good air in, and a fireplace and chimney to let the stale air out, or where there is no fireplace, a window open both at top and bottom. The night air in London and other large towns is purer than the day air, and both in town and country you should sleep with your window open if you want to be healthy. Draughts are not good, as they carry away the heat from your body too fast; so if your bed is too near the window, put up a shelter between it and the open window and cover yourself more. At least one window on a staircase or landing should always be kept open, and also the larder and the closet windows.

Tidiness.—Half your time will be saved if little things are kept tidy. Have a place for everything, and have everything in its place. If you are not sure which is the right place for a thing, think "*Where, if I wanted it, should I go to look for it?*" That

place is the right one. Get into the habit of always making a hank of any string you get and collect them.

War must be waged against rats and mice, or they will invade you and loot everything If you have no mouse-traps, put a newspaper over a pail of water, break a hole slightly in the centre in the form of a star, and place a bit of herring or cheese on the centre tips of star to entice the mouse. Let the paper reach to the floor, not too upright, for the mouse to climb up. Try putting broken camphor into their holes ; they dislike the smell. Fly and wasp traps are made by tying paper over a tumbler half-filled with water and beer or treacle. Break a hole in the paper, and fit in a tube of rolled paper about one inch long and one inch across.

Damp is never healthy, and you can prevent it to a great extent by letting plenty of fresh air go through your house and rooms which have been shut up.

When you see signs of damp, try to find out the cause ; it may be put right. A pipe or gutter may have got blocked, or there may be a loose slate, or the water pipes may be leaking.

In countries where there are mosquitoes people are very careful not to allow any water to lie near their houses, for the poisonous mosquito breeds in stagnant water. Sunflowers planted near a house help to keep the soil dry ; also low bushes and plants. Consumption and other deadly disease germs flourish in damp, ill-aired houses.

Sunlight is a great health-giver and disinfectant, and the more of it you have in your house the better. Long ago people used to shut out the sun and air for fear their curtains and carpets would fade, but it is far better that the sun should fade your curtains than that the darkness should fade you. Cases of consumption are rare in dry, sunny houses.

Nurseries and bedrooms should have plenty of morning and mid-day sun.

Motto : *" Tidy as you go."*

Cleanliness in every part of the house is most necessary, especially kitchens and larders. Do not let dust or rubbish collect anywhere, behind furniture or pictures, under beds, or in cupboards. If we realised what horrid things we may collect from pavement or street dust on our skirts and boots, we should be much more careful about the dusting of our rooms.

Do not allow dogs, cats, or birds to be where they can touch your food or your cooking utensils ; animals have diseases too. Flies, gnats, and fleas are most dangerous pests ; they feed on decayed and diseased things, and may carry poison on their feet and leave it on your food. Keep them out of your house, and especially chase them out of your kitchen and larder. Any bad

smell in a house is a danger signal; find out its cause, and get rid of it.

(T.I.B.)

Be sure your drinking water is pure. If you are at all doubtful about it, *boil it well*—that is, for not less than fifteen minutes. Water cisterns should be often cleaned out. See that all drains, sinks, and closets are in good order. A very poisonous gas called sewer gas comes from bad drains, and typhoid, diphtheria, etc., are caused by drinking bad water and bad drainage. The gas does not come up if there is a " trap " full of water in the pipe; that is a curve in the pipe where water collects. Let water run down all sinks once or twice a day to rinse the pipes. To sum up, Mrs. Benson says: " Remember that nearly all the *dangers* to health in a house or room begin with a D, and these dangers or destroyers are:

" Darkness.
" Damp.
" Dust.
" Dirt.
" Doubtful drinking water.
" Defective drains."

Against these destroyers, which bring debility, disease, and even death, the Guides' defences are:

" Sunlight.
" Fresh air.
" Cleanliness."

Housewifery.—Every Guide is as much a " hussif " as she is a girl. She is sure to have to " keep house " some day, and whatever house she finds herself in, it is certain that that place is the better for her being there.

Too many odds and ends and draperies about a room are only dust-traps, and rugs or carpet squares, which can be taken up easily, are better than nailed down carpets. Keep all the furniture clean and bright. Fresh air, soap, and water are the good housewife's best allies. Bars of soap should be cut up in squares and kept for six weeks before being used. This hardens it and makes it last longer.

In scrubbing boarded floors, the secret is not to deluge the floor; change the water in the pail frequently.

In the work of cleaning think out your plan beforehand, so as not to dirty what has been cleaned. Plan out certain times for each kind of work and have your regular days for doing each thing.

(B.Y.B.M.)

Pasteboards and Deal Tables.—Scrub hard the way of the grain. Hot water makes boards and tables yellow. Rinse in cold water and dry well.

Saucepans.—New saucepans must not be used till they have first been filled with cold water and a little soda, and boiled for an hour or so, and must be well scoured. After basins or saucepans have been used, fill them at once with cold water to the brim; this will prevent anything hardening on the saucepan and will make cleaning easier.

Swimming

Swimming.—Every 1st Class Guide ought to be able to swim. It is not only for her own amusement that she should do so, but so that she will not cause other people to risk their lives in rescuing her when she gets into difficulties in the water, and that she may be able to help those in distress. British girls are behindhand in learning to swim—it is very different in Norway and Sweden, where nearly every girl can swim.

No Guide can be of real use till she can swim, and to learn swimming is no more difficult than to learn bicycling.

All you have to do is at first to try and swim like a dog, as if trying to crawl slowly along in the water; don't try all at once to swim with the ordinary breast stroke that swimmers use, because this only lets your mouth go under water every time. When paddling along like a dog get a friend to support you at first with a pole or her hand under your belly.

Any of you who cannot swim as yet, and who fall into the water out of your depth, remember that you need not sink if you take care to do the following things. First, keep your mouth upwards by throwing the head well back. Secondly, keep your lungs full of air by taking in long breaths, but breathe out very little. Thirdly, keep your arms under water. To do this you should not begin to shout, which will only empty your lungs, and you should not throw your arms about or beckon for help, else you will sink. So the main thing of all is to keep cool and force yourself to remember and to carry out these things.

Child Nursing

(The care of children from two to five years.)

Show practical knowledge of how a child of this age should be :—

1. Clothed by day and night, in winter and summer.
2. Fed.
3. Kept clean in person and clothing.
4. Kept in healthy surroundings.
5. Given rest and exercise.
6. Kept happy and good, through self-control and occupation and bring objects to amuse a child of 2–5.

Know how to avoid everyday accidents to children, particularly in the home.

Have a knowledge of elementary sewing and washing.

It has been said : " *There is no way in which a girl can help her country better than by fitting herself to undertake the care of children. She should learn all she can about them, and take every opportunity of helping to look after these small Girl Guides and Boy Scouts of the future.*"

An infant cannot tell you its wants, but a Guide with a knowledge of the needs of children, what to feed them on, and the rules for good health, may save many a baby, for she never knows how soon the precious gift of some child's life may be placed in her hands.

Roger the baby requires proper food to build up his body. He prefers milk for the first months of his life, and even up till three years old he takes mostly milk ; and as a baby cannot digest flour, bread, corn-flour, such things are so much poison to him, and may injure a little baby's health for life. As has been said to older children, let him keep quiet after eating. Even up till three years old, Roger's food must be chiefly milk—biscuits, puddings, and fruit being gradually added. He is very particular about his milk being fresh and good. Roger is extremely punctual. He feels it keenly if you do not feed him at the fixed hour, and will very likely let you know it, and woe betide you if he finds out that you have not properly scalded out his bottle before and after each meal.

When his digestion is not right, his appetite will not be so good. Digestion means that the food you eat is turned into muscle and brain and bone.

What is *indigestion ?* It means not only uncomfortable pains in the middle of the night, but also that you have not used up the food you ate, and that food is going bad inside you and making bad blood. Eat only the foods that you know you can digest comfortably. Do not give Roger too much at a time, or he will not be able to digest it, and keep him to plain food.

(T.I.B.)

Air.—Sun and air are life-giving. Put a pale withering plant or human being into the sun, and each will recover health. Give a baby plenty of fresh air, out of doors if you can, but avoid draughty places. Air the rooms well. You know, too, that the air inside the bed-clothes is poison, so do not let Baby Roger sleep with his head under the sheet ; tuck it in under his chin. You remember what air did in curing illness in the case of the carman's children. He had two boys and three little girls, all beginning to have consumption, and constantly requiring a doctor at great

expense. He got the happy idea of putting them all in his cart when he started out very early on his work, and he drove them about every morning till school time. Every one of them soon got well, and became strong and healthy.

Bath.—But no one can be healthy unless they are extremely clean. Roger will want his bath daily, with soap and warmish water. He likes to kick the water and splash, as long as you support his head. Before starting on this swimming expedition, you should have all his clothes warm by you, and all that you will want must be within reach, and he expects a warm flannel on your knees to lie on. You must carefully dry all the creases in his fat body for him with a soft towel.

Illnesses.—What will you do when you suddenly find that Roger is ill. Call in the doctor? Yes—that is, if there is one. But when there is no doctor! You will at once think of all the First Aid you have learnt, and what you know of nursing.

Drugs are bad things. You may ruin a child by giving it soothing drugs and advertised medicines. They sometimes produce constipation. Never neglect the bowels if they become stopped, or you may bring on inflammation. Children's illnesses often are brought on by damp floors; you can trace them to the evening that the boards were washed. A flood of water could not dry without damping the room and the children.

Bowed legs come from walking too soon. It does Roger good to lie down and kick about, for crawling and climbing exercise his muscles.

The best remedy, if you find a child suffering from convulsions, is to place it in a warm bath, as hot as your bare elbow can endure.

Childhood is the time to form the body; it cannot be altered when you are grown up.

(B.Y.B.M.)

Clothing.—Children's clothes should be warm but light, and the feet and legs should be kept warm and dry.

Health.—Children are trained to regular habits in three ways:—

1. By having meals at fixed hours.
2. By having regular times for sleeping and waking.
3. By teaching them when young to be clean and regular.

They must have plenty of healthful, peaceful sleep, and the earlier they go to bed the better for their brains and nerves in after life. The bedroom must be airy, and the windows kept open.

Roger will go to sleep quite naturally in the dark if he is never told frightful things. Never threaten him or frighten him; it may cause brain or nerve trouble.

He will amuse himself when awake if you keep him occupied, but he must be doing something to be happy. There is no need to excite him.

You can train a young child to obey very easily, but after three years old it becomes more difficult unless a good preparation has been made. Always be very good-tempered and patient. Children expect you to be just. You can be firm and yet kind. Always answer the child's questions without ridiculing it.

Slapping or scolding ruin young tempers, and a box on the ear may make one deaf for life. I have heard of children being made deaf by pushing things into the delicate skin of the drum in the ear. Nothing should be put in ; even cleaning is dangerous.

(T.I.B.)

If you are tired of this reminder, just remember the other, B.Y.B.M. Brace Your Back Muscles.

This means pull your shoulder-blades together while you tuck in the small of your back.

A T.I.B. brooch might be awarded in the Company to be worn for the month by the girl who holds herself best during that period, the Guider deducting marks from any girl whom she sees lounging or slouching.

Rest Your Muscles

Here is another body practice which I feel you won't object to. It is to give your muscles a good rest. In other words give yourself good sleep and plenty of it. *Good* sleep can only be got by having plenty of air (I love to feel the air stirring my hair when I go to sleep). Also don't overload yourself with covering.

I will tell you a secret if you promise to tell no one else. I make my own bed every day, and I make it much the same both ends, so that both head and feet feel the benefit of the fresh air, and I am quite warm in between.

Proficiency Badges

Whenever I see a Guide coming along I feel at once a pally interest in her, but when she comes nearer that interest either increases or goes off a bit when I look at her right arm and see on it badges—or no badges.

Every Guide, as soon as she has passed the Second Class tests, can go in for proficiency badges, of which a list will be found on page 153. These badges are not intended for swank, but to show that you can do things. On the left arm you will wear those badges which mean that you are good at work that is useful to other people, and these are the important badges ; while on the right arm the badges show the sort of Guide that you are, that is

whether you are efficient or not in different branches of Guide work.

There are a very large number of badges on the list which you can go in for, but it does not mean that you are to try and get them all, but rather that you may look through the list and find out which are most likely to suit you and then to go in for one or two of those. The most important of all the badges are those for nursing. They are important to the Guide herself, because through practising this work she can most easily carry out the Guide law of doing good turns to other people, and these would be good turns which really are useful. Also by knowing how to nurse she can do good work for her country.

The Value of Nursing.—In the war hundreds and hundreds of women went to act as nurses in the hospitals for the wounded and did splendid work. They will no doubt be thankful all their lives that while they were yet girls they learnt how to nurse and how to do hospital work, so that they were useful when the call came for them. But there are thousands and thousands of others who wanted to do the work when the time came, but they had not, like Guides, been Prepared, and they had never learnt how to nurse, and so they were perfectly useless and their services were not required in the different hospitals. So carry out your motto and Be Prepared and learn all you can about hospital and child nursing, sick nursing, and every kind, while you are yet a Guide and have people ready to instruct you and to help you in learning.

Child nursing is also very important, because so many girls are wanted now to help mothers in looking after their children. Such a large number of babies die every year from being nursed by girls who have never taken the trouble to learn what they ought to do with children. Babies are delicate little things, and a very little act of carelessness or want of knowledge of what to do often causes the death of one who might otherwise have grown up to be a valuable citizen for the country. On becoming a Guide you promise to Be Prepared to do your duty in every possible way, and one very important way is that of nursing children as well as grown-ups ; and therefore I hope that you will learn as quickly as possible how to carry out this duty and so to carry out your work as a Guide in the proper spirit. Therefore I recommend you to take as the most important ones, the Ambulance Badge, the Child Nurse Badge, and the Sick Nurse Badge ; after which you can look through the list and pick out others for which you feel that you are particularly keen, or for which there are instruction classes for Guides that you can attend. Set those badges up before you and do your best to win some of them.

Where to wear the Badges.—The First and Second Class Badges

are worn *on the left arm.* They should be placed about half-way between the elbow and the shoulder-strap, so as not to be covered by the shoulder-knot.

The Ambulance, Sick Nurse, Emergency Helper, and Child Nurse Badges are also worn in triangular formation on the left arm, just below the Second and First Class Badges. All the other Proficiency Badges and the Thrift Badge are worn on the right arm. They are sewn on as they are won, starting at the bottom of the sleeve, just above the cuff, and growing upwards in couples as the Guide becomes more and more proficient, or starting from the top and growing down.

The Service Star is worn on the flap of the left-hand breast pocket.

Badge of Fortitude (*White Enamel Cross on Navy Blue, with Gold Tenderfoot in Centre—Navy Blue Ribbon*).—Awarded to members of the Movement who have at least six months' service in a registered Extension company, and who have shown exceptional courage and endurance under suffering. When the recipient is over 16 years of age the badge should not be worn in uniform on return to normal life. Applications on behalf of those who are not members of an Extension company will be considered in special cases.

Proficiency Badges

The Proficiency badges for which a Guide may qualify are divided into four groups.

Group I

Character and Intelligence

Artist.
Bird Lover.
Book Lover.
Entertainer.
Flower Lover.
Friend to Animals.
Friend to the Blind.
Friend to the Deaf.
History Lover.
International Knowledge.
Interpreter.
Minstrel.
Music Lover.
Naturalist.
Rifle Shot.
Signaller.
Singer.
Star Lover.
Thrift.
Woodman.
Writer.

Group II

Handicrafts and Professions

Basket-worker.
Bee-farmer.
Carpenter.
Child Nurse.
Clerk.
Cobbler.
Cook.
Dairyworker.
Decorative Needlecraft.
Farm Worker.
Gardener.
Handbell Ringer.
Handywoman.
Homemaker.
Knitter.
Lace Maker.
Laundress.
Needlewoman.
Photographer.
Poultry Farmer.
Scribe.
Spinner.
Stitchery.
Toymaker.

Group III

Physical Development and Strength

Athlete.	Gymnast.	Pioneer.
Boatswain.	Health.	Skater.
Country Dancer.	Hiker.	Swimmer.
Cyclist.	Horsewoman.	Welsh Folk.
Dancer.	Keep Fit.	

Group IV

Service for Others

Aircraft.	Fire Brigade.
Ambulance.	Life Saver.
Emergency Helper.	Pathfinder.
Sick Nurse.	

The tests for these Badges are given in *Policy, Organisation and Rules*, copies of which can be obtained from the Girl Guide Headquarters, 17–19 Buckingham Palace Road, London, S.W.1, price 6*d*.

A list of Proficiency Badges for Rangers will be found on page 168.

Special Awards

Silver Fish and Special Service Badge.—The Silver Fish is the highest possible award for good service for the Movement as a whole, and is only awarded by the Executive Committee of the Girl Guides Association on very special occasions. Application to be made without the knowledge of the recipient.

The Silver Fish.

A Special Service Badge is awarded for exceptionally good service to the Movement. The design is a bronze beaver worn on a navy blue ribbon with pale blue edges.

Certificate of Merit.—Certificates and letters of commendation are granted in other meritorious cases.

The Badge of Fortitude.—(See p. 153.)

All-Round Cords.—Can be worn by any Guide having passed the 1st Class and any other seven tests (one of which must be the Ambulance or Sick Nurse or Emergency Helper badge, and one an outdoor badge), in addition to those included in the 1st Class.

Rangers may wear red and white All-Round Cords, provided

they have passed the Ranger Star and hold seven senior badges (which must include Probationer or First Aider or Samaritan). (The seven senior badges may include those taken as part of the Ranger Star Test.)

NOTE.—Neither the Green nor the Blue 1st Class Badges qualify for All-Round Cords.

The Gold Cord Award.—A Ranger or Guide must have had at least two years' service before being recommended for the Gold Cord. She must have earned certain badges, and passed various tests. (See *Book of Rules.*)

Blue Cord Award.—For physically defective Guides and Rangers in Extension or ordinary Companies who fulfil the following qualifications :—

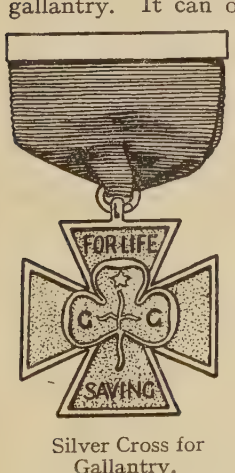
Hold the Blue First Class Badge and any other seven badges in addition to those included in the First Class test. (Rangers should substitute Ranger Star if possible, and may take Senior badges, if preferred.)

Application for Blue cords should be made through the County Secretary in the usual way.

Life-Saving Medals

These are worn on the right breast and are awarded as follows:—

Bronze Cross (*Red Ribbon*).—The highest possible award for gallantry. It can only be awarded where special heroism has been shown, or where extraordinary risk of life has been faced in saving life.



Silver Cross for Gallantry.

Silver Cross (*Blue Ribbon*).—For gallantry, where considerable risk has been faced.

Medal of Merit (*Green enamel laurel wreath, with silver Tenderfoot in Centre—White Ribbon*).—For duty exceptionally well done, though without great personal risk.

Thanks Badge.—This Badge is meant for friends outside the Movement, and it is the privilege of any Guide, of whatever rank, with the sanction of her Guider and District Commissioner, to present this Badge of Thanks to anyone who does a good turn to Guiding.

It entitles the wearer to make use of the services of any Guide at any time, but does not constitute membership. The Thanks Badge is not worn by Commissioners or Guiders in uniform.

Netball and Hockey are Fine Games

I should like to see everything that calls itself a girl playing them. Yet there are thousands and thousands of our poorer girls who have never yet even seen them played—much less played them themselves.

I should like all of them to play them (and stool-ball, too, is a splendid game), not only once but regularly, and this is why.

Because they give them health and strength through active exertion in the open air ; they give them a jolly time and lots of excitement, happiness, and laughter ; makes them quick with eye, hand, and foot ; makes them all good pals together ; and teaches them to take hard knocks without winking, such as at other times would make them faint or swear.

Well, that is just what our soldiers did in the Great War, playing the game nobly for their country at no matter what danger to their own life or limb.

It's just what we want of all Britons in the future—women as well as men—to think of their country and other people first ; to obey the laws and play the game for the good of others bravely and hopefully, without caring what hard knocks they get themselves.

Could not some of you who can afford to play hockey yourselves manage to help some of the poorer girls to play it too.

Think what joy it would bring into their lives, what health and brightness you could offer them and what good and friendly citizens you could make them. (*Brace your Back.*)

A Guide is a Lady

What is a Lady ?—This is what I saw once in the Tube. The seats were all crowded when a smart-looking girl got in. A wounded soldier with a bandaged foot and a walking-stick stood up rather painfully and offered her his seat. The girl plumped herself down comfortably and she did not give him a look or even a word of thanks. A pale woman then rose and said to him, " I can stand better than you ; you got hurt for me," and made him take her place.

One of these two women was a lady. Can you guess which ?

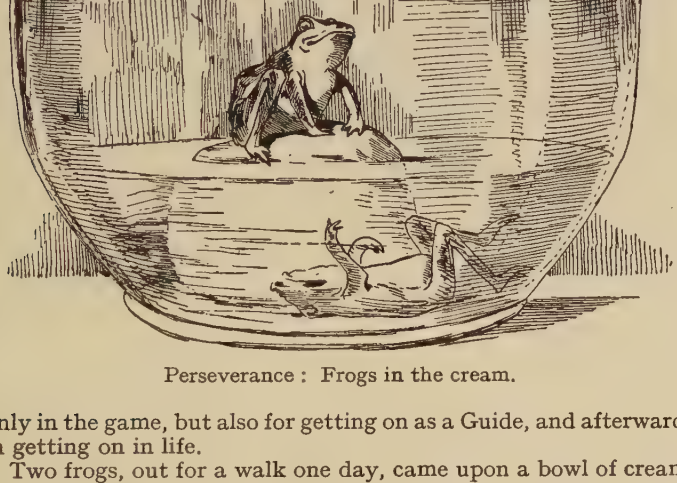
The Frogs in the Cream

Oh, there is one more thing that hockey teaches. Often you lose a game, but you do not therefore lose your temper or lose your

happiness for, as a Guide, you at once cheer the winners and forget to be put out by it.

But you don't lose every game. Very often it will look as if it was going against you and there seems little chance of winning when, just near the end, the other side give out or get careless, and by sheer sticking to it you win a goal or two in the last few minutes and come out victorious in the end.

Well, it is sticking to it which is so tremendously valuable, not



Perseverance : Frogs in the cream.

only in the game, but also for getting on as a Guide, and afterwards in getting on in life.

Two frogs, out for a walk one day, came upon a bowl of cream, into which they fell. Thinking it a new kind of water and that it was hopeless trying to swim, one was drowned through having no pluck. The other struggled hard to keep afloat. Just when he felt he *must* give up a curious thing happened. In his struggles he had churned up the cream so much that he found himself standing safe on a pat of butter !

If you learnt nothing else from Guiding than this little story of the frogs, try at any rate, to remember that ; and when you feel you are failing at your job just think of it ; remind yourself of the frogs—and stick to it.

Happy Housemaids Singing Hymns

Someone asked me the other day why it is that housemaids, when they are at work, are always droning most dreary hymn tunes. Well, I couldn't say exactly why they do it, but I like

to hear it, because people who sing at their work evidently don't find it a drudgery or irksome.

I was at a great aeroplane factory the other day, where the manager had encouraged his men in their spare time to form a band, and he supplied the funds for helping them to get instruments, music, etc.

When they began to get rather good at it they, like all amateur musicians, began to fancy themselves, and said that they would like to get some high-class classical music to play.

But he said: "Not a bit of it, I want you to play all the vulgarest rag-time tunes that you can get, provided that they are jolly ones."

Then he used to make the men march to their workshops with their band playing, and for the rest of the morning, instead of working sullenly and grudgingly at their machines, the men were whistling and singing the tunes that were running in their heads, and the work consequently was better done and more of it was got through than would otherwise have been possible.

So the wretched Girl Guides, when they are forced to play these dull games and to do the terrible hard work of Guiding, need something to cheer them up. All they have to do is to learn a few jingles and to sing them, stamp, bang, or whistle them as they go along, and they are sure to feel the better for it.

Here are one or two, but you can probably think of many others for yourselves.

BYBM BOM, BYBM BOM,
Point your toes as you march along.
BYBM BOM, BYBM BOM,
That's the way the Guides go on.
BYBM BOM, BYBM BOM,
Bom! Bom!! BOM!!!

Patrol Leaders

When you come to be a Patrol Leader you must remember that you are really taking up a very responsible and important position, because you are going to be in charge of a number of girls under you, who will form their characters entirely under your example and guidance, and if you choose to be a slacker they will become slackers, if you choose to be a good Guide they will all become good Guides, or nearly all of them. That is very much dependent on you yourself. So don't become a Patrol Leader merely for the swank of it or the sake of wearing an extra badge or two, but really think whether you are fitted to lead those girls, and take it up with the best of your ability to make good Guides of them. You have got to *command* your Patrol; well, you can only

command others if you have their confidence, and you can only have their confidence if you have confidence in yourself; you can only have confidence in yourself by knowing your work thoroughly and well. You should therefore study the handbook, learn all about Guiding, what it aims for, and then how you can carry out the instructions given; practise the things yourself that are shown you, know that you can do the different things well; and then you will be able to have confidence in yourself, your Guides will obey your orders, and so you will be able to carry out the training of them and their discipline perfectly well. You lead entirely by your own personal example, don't forget that; that is what tells, and that is the easy way to gain success; not only the easy way, but it is the *only* way.

As a Leader you must be the best at carrying out the Guide Law in your Patrol, the others will follow you in it; you must be the captain also in all the games; you must be the first in every venture; you must be the one to suggest good games, good ideas, good thoughts. If you are the first in every way like this your girls will follow your leads and you will have good discipline among them. Your aim should, of course, be to make your Patrol the best, and if every Patrol tries to be the best in the Company, you may be sure that that Company will be a very good one amongst other companies.

You should take counsel among your Guides as to what they fancy themselves at, and then challenge another Patrol to have a competition in that particular line, whatever it may be, whether Signalling, or Ambulance Work, or playing a game of Hockey, or Rounders, or anything you like; but continually challenge other Patrols to beat you at your own game, and then practise your game well and make yourselves efficient at it, so as you do not get beaten. For every game the whole Patrol should form the team. Don't have one or two good players and the rest no use at all; and don't have individual competition, one girl against another, but always try and have your Patrol as a team, then the worst will try and make themselves better in order to work up the average of the lot, and so play for the good of the Patrol and not of themselves. If possible, give each of your Guides her own job to do in the Patrol. You may find one good at one thing, another good at another; well, urge her to do her particular job, and to do it well for the benefit and honour of the Patrol. You will have one little difficult point that you must keep an eye on; when you are trying to lead the Patrol and at the same time to show them the way, don't forget that you must not do the work of other girls. Give each one her job and see that she does it, but don't do it for her, or else she will always be leaning on you and expecting you to do it.

A Patrol can specialise, that is, all members to take one special

badge, or a bit of ribbon will do, that a Patrol may be a Despatch Riding Patrol or a Signalling Patrol, First Aid Patrol, a Home Helping Patrol, or even an Entertaining Patrol. All the members of the Patrol win a certain Proficiency Badge, then that Patrol may be recommended by the Captain to have the honour of wearing that badge on its flag. I have known a great deal of good to come of a Patrol challenging a Patrol in another Company to some sort of competition, and then going to visit the other Patrol or inviting them to visit themselves at their own headquarters and entertaining them and having their competition and making great friends with them; this leads to very good feeling between different Companies, and is very useful, because you can often pick up ideas from Patrols of another Company better than you can from one of your own companies. In camp a Patrol is a very useful unit, because a whole Patrol can just pitch into one tent or probably into one room or barn, or whatever it may be, and there the Patrol Leader's duties are very responsible, because she has to keep order in her own tent and see that it is properly kept clean and tidy.

Suggestions for a Guide Display

The object of a display should be first to show the audience what sort of useful work Guides do, and secondly, to teach the Guides the discipline and *savoir faire* of play acting, for it will also appeal to them as performers, and incite them to do their jobs smartly and well.

The demonstration should include such parts of Guide work, either for badges or for service, that specially distinguish that Company, and they should be presented in dramatic form to give added interest and to show their practical application.

A domestic sketch can be made amusing: perhaps the troubles that befall a Guide left at home to look after small brothers and sisters, and to get father's tea. A camping scene giving an adventure of camp life: an effective and a good way of bringing in a camp fire sing-song, which is always popular if the songs are well chosen and well learnt.

These displays, which can safely be left to the ingenuity of the Guides themselves, make useful items in an entertainment; they can demonstrate the work of the Company and the aims of the Movement in an amusing way, and they form a useful contrast to the more ambitious items.

Hints as to Camp Orders

In going into camp it is essential to have a few "Standing Orders" published, which can be added to from time to time, if necessary.

These should be carefully explained to patrol leaders, who should then be held fully responsible for their Guides carrying them out exactly.

Such orders might point out that each patrol will camp separately from the others, and that there will be a comparison between the respective cleanliness and good order of tents and surrounding ground.

Patrol leaders to report on the good work or otherwise of their Guides, which will be recorded in the Guider's book of marks.

Bathing under strict supervision to prevent non-swimmers getting into dangerous water.

No girl must bathe when not well.

Orders as to what is to be done in case of fire alarm.

Orders as to boundaries, grounds to be worked over, damages to fences, property, good drinking water, etc.

No Guide allowed out of bounds without leave.

No lads allowed inside bounds without leave.

No Guide shall take part in any boat training until she can swim 50 yards.

With a view to prevention of accidents, Guides should not be allowed to bathe in dangerous places, even though other people may do so.

A responsible picket must be on duty in a boat or on shore. In addition to this, bathing places will be divided into three categories :—

(*a*) Requiring two Life-Savers, one holding the Bronze Medallion of the Royal Life Saving Society, and the other holding the Guide Life Saver Badge, both of these to be renewed biennially.

(*b*) Requiring a life saver who has the Life Saver Badge.

(*c*) Baths or Shallow Water, etc.—Where a responsible person who can swim 50 yards and has a knowledge of artificial respiration may take charge.

In all three cases the person in question must be over 18, and must have a knowledge of the organisation of bathing parades. The Guide authorities in whose county bathing takes place will decide under which categories their bathing comes.

This rule cannot be too rigidly adhered to. Its observance has already saved several lives, and has also exonerated Guiders from the charge of negligence, and it applies to all members of the Guide movement.

LIST OF RECOMMENDED BOOKS

An A.B.C. of Guiding
A Tenderfoot's A.B.C.
British Nesting Birds
Campcraft for Girl Guides
Colour Ceremonial
Drill for Girl Guides
Elementary Manual of First Aid
First Aid to the Injured
From One Ranger to Another
Girl Guide Book of Recreation
Games for Guiders and Guides
Games for Guides
Health of Your Camp
Hints on Girl Guide Badges
Hints on Girl Guide Tests
Hints on the First Class Test
Hiking and Lightweight Camping
Home Nursing
Ideas for Patrol Leaders
Infant Welfare Manual No. 9
Junior Health Manual, Supplementary Chapters to
Kent Song Book
Lone Guides
Lone Wolf Trail
Practical Camp Cookery
Preliminary Course of First Aid to Injured
Sea Sense
Scouting for Boys
" Shown to the Children " Series. (Birds, Flowers, Trees, Stars) each
Signalling
Simple Housecraft
Tracks and Tracking
The Story of the Guides
The Royal Life Saving Society Handbook

Prices of the above publications have been omitted owing to fluctuation, but they may be ascertained from the nearest Guide Shop or Bookseller.

RANGERS

CHAPTER IX

RANGERS

(Over 15).

Even before the war came girls had begun to find that there were better things in the world for them to do than merely spend half their time in getting up their dresses and the other half in showing them off: there was enjoyment to be got without playing tennis, reading novels and so on; some of them had supposed that going to dances or loafing on the pier or in the street was the only way to get enjoyment, but others saw that this was really a great waste of time that became very boring after a bit. A vast number of them had seen that they were capable of doing a great many of the things that their brothers could do: they could play in a lot of games and take part in activities and also could do a good deal in the direction of work and handcraft, also they found that they could do well in professions and industries; they found that careers were open to them. Girls found at last that they had the power to make some use of their lives instead of drifting through them aimlessly and getting only a very hollow enjoyment out of them.

Loafing on the pier.

What Women Did in the War

Then the war came. It brought with it to girls their opportunity and they were very quick to seize it. Women soon showed what they were capable of. Hundreds of hospitals had to be established in a hurry and this was accomplished, complete with their staffs of nurses and assistants. Ambulances manned by British women were soon in action in France and Belgium, in Russia and in Serbia. War work centres were in full swing in all our towns, making and despatching hospital equipment and

comforts for the men. Committees were at work raising funds and organising relief for refugees and for those distressed through the war.

Women took places in the factories and foundries which up till then had been supposed to be possible only for men ; they took up work on the railways and trams, on buses and lorries, in farms and fields as well as in the banks and offices. The authorities for the National Service Department found thousands of them willing to serve in France, for taking over work from men at the Base Depots and so releasing these for duties at the Front. It was a splendid exhibition of what women could do. Woman, as they say, " came into her own," and what was especially creditable, she came in on her own merits. Every woman can now feel proud and justly proud of herself and her sex for what women did in the Great War. And though the War is happily over, and we are all determined never to allow another to take place, there is just as much need for efficiency and willing service in peace time.

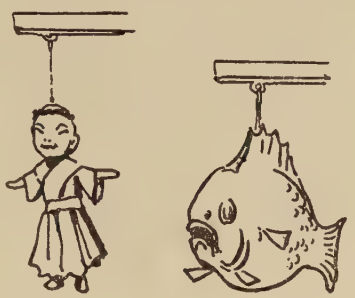
How Women were Handicapped

There was, however, one defect which should not be overlooked. It handicapped a very large proportion of the women at first, but fortunately it is one which can easily be remedied against the future. It was the want of training and previous preparation for their work.

They were keen enough and they were quick to learn, but it would have been a tremendous help to them had they been given a chance of learning while they were yet girls and before the sudden need for their services arose. As an instance, when women were enrolled for service in France many of them had to be kept back at first. For such work the authorities found that a preliminary course of training was needed, particularly in two points, namely, discipline and health knowledge.

Well, these were things which they could have been taught before and which would have been useful to them in any line, whether for war or for peace. And so it was with women for the land, women for carpentering, women for motor driving, women for office management, all of them needed special schools and courses of instruction before their services could be fully utilised. It is just this general training that we aim at giving in the Girl Guide Movement. It is all very well for the girl to learn the three R's and the amount of knowledge given in the Schools, but this merely supplies a ground-work on which she must build her further toil ; *if she is to be equally efficient with her brothers for work in the world a girl must be given equal chances with him ;* equal chances for picking up character and skill, discipline and bodily health, and equal chances for using these when she has got them.

In Japan when a child is born a sign is hung outside the house to inform the neighbours whether it is a boy or a girl. In the case of it being a girl a doll is hoisted, while in the case of a boy a fish is displayed; the meaning being that the girl is really a plaything to look pretty, whereas the boy, like a fish, has to swim his way against the tide through life.



In the Guide Movement we don't agree with this Japanese idea, and for that reason the badge of the Silver Fish is the highest honour a Guide can win, being a token and award for efficiency and ability in the girl to make her way against the tide of difficulties.

Tomboys or Comrades

Now I shall be told that I am trying to make girls into tomboys. Not a bit of it—quite the opposite: but girls don't want to be dolls, they have an ambition above that; and also men do not desire to have dolls as their wives—they want comrades. Husbands and wives have been described as the boot and doormat respectively, and it has been assumed thereby that one or the other has got to be the under dog. But there is another side to the picture, where a man and woman are pals and comrades and that is the right way to look on marriage, and where it is on those lines it brings the biggest happiness to both parties—the biggest happiness that can be got in this world. It is a mistake to fight against nature, since nature has a horrid knack of getting the best of you in the end. Nature never meant that man or woman was to live alone. Though people may think themselves happy and free in a state of bachelordom they do not know—they cannot realise—the true intense happiness that comes with the home, the married comradeship, and the children. There a woman has her real opportunity and her kingdom, and at the same time she has her responsibility. She can be the making or the marring of the man. She can be his true GUIDE. If a man is well married, that is, if he has a clean bright home, with a cheery understanding wife (especially if she is a good cook) and jolly healthy children it means ruin—to the club and public-house. The man enjoys his home life and through the rest and contentment gained at home he puts in better work when engaged in his office or

workshop. Husband and wife are companions in pleasure and comrades in pain ; the joys are doubled, the trials halved. But to be such a comrade a girl must have known work herself. She must have gone through the struggle against failure and have enjoyed the triumphs of success to be able fully to sympathise with her partner in his troubles and to be of use in helping him through them.

Comrades.

We can get great pleasure out of work well done even if it is only polishing up a kettle successfully.

I believe that we were sent into this world to enjoy life and I defy any idler to do that.

Look Ahead

For our nation just now, if we will look ahead there is need for every soul, man or woman, boy or girl, to work. We shall have no room for idlers in the future ; we shall have no use for drones in our hive. And why ? Now that the War is over, there is another kind of war. The immense amount of money and time spent on the war has to be made good by a revival of our trade and industries. We have lost a large proportion of the best of our men in the war. So that in the next few years we want every man we possibly can get and he must be a good efficient man at that. That is where the women come in. At present there is a tremendous loss of life which could be prevented among the babies in our country, owing to the mothers not being able to look after them in the first few years of their life. For instance, 70 out of every 1,000 die in their first year in England and Wales. This is to a large extent preventable, as is shown in New Zealand, where 39 per 1,000 is the rate. If this could be set right, if girls could learn how to bring up babies and how to make young children healthy and strong, and, especially, if they could show other young women how to do it, they would be doing a work of immense value to the nation later on. At least 50,000 babies would be saved every year in England, if we only took the trouble.

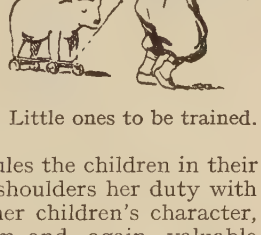
RANGERS

So the Rangers or Senior Guides have been started in order that

girls should be able to equip themselves to help their country in these many different ways after this tremendous struggle. It will give the older girls the opportunity of trying various handicrafts and occupations until they find the one to which each of them is best adapted. As a Ranger, you have the opportunity of doing service for others and also of picking out a career for yourself, and at the same time of having a healthy happy time in good comradeship with others of your age. You can begin to make yourself efficient in that kind of work to which you find yourself best suited, but at the same time don't forget to make yourself efficient in honour, discipline and straight dealing, and remember that your work is not merely for your own good but for the benefit of others and for the honour and welfare of the nation.

The Woman's Reward

But as I have said before, success in her professional career is neither the end and aim nor the greatest joy of the girl's life. She has still before her her reward, all the sweeter when it has been won by hard work, the glorious reward of having a home of her own, the shrine of her life, a man after her own heart to share it as her pal and protector (for however independent and self-reliant she may have felt in her time, there comes a joy in snuggling down under the care of a strong loving right arm). And then the little ones—with all their fascination—to be trained into the right line of thought and action. There, too, she has a great responsibility, for it is the mother's influence that generally rules the children in their after life, and if she recognises this and shoulders her duty with that idea in mind she can, in forming her children's character, do a tremendous thing for each of them and, again, valuable service for the nation.



Little ones to be trained.

The Age Limit

A great number of young women and girls have wanted to become Girl Guides but have found themselves barred because of the age limit being eighteen : and also a good many Guides have found that at sixteen they have rather outgrown the smaller girls in their company, and they want some bigger duties to do and higher badges to work for. So the senior branch of the Guides has has been started to meet these wants.

TRAINING OF RANGERS

Any girl over 15 is eligible for enrolment in a Ranger Company.

A Ranger Patrol (of 6 to 8) may be attached to any Guide Company, but in this case opportunity must be given for separate training. The Patrol must be registered as attached to that Company. Ranger Companies and Patrols must register as such through their Local Association and pay the fee of 1*s*.

Sea Rangers bring a new element into Guiding by combining the spirit of the sea with the spirit of the Guides. They are (*a*) for those who have special associations with seafaring people, (*b*) for those to whom the romance of the sea makes a special appeal.

Special Points

The special characteristics of a Ranger Company should be :—

(*a*) Variety.
(*b*) The practice of service combined with preparation for further service.
(*c*) Character training, giving scope to individuality harnessed to responsibility.

Activity

Public Service.—Each Ranger Patrol should, where possible, take up some definite form of public service, for any duty such as the following. Helping :—

First Aid Associations.
Child Welfare Centres.
Hospitals.
Crèche Workers.
Play Centres.
Post Guides.
Institutes for the Blind and Deaf.

A Company of Rangers works much on the lines of a Guide Company, using similar tests for first and second class promotion, but working for Proficiency badges on a higher standard in the subjects given below.

For further particulars regarding Rangers and their special badge tests, see *Policy, Organisation and Rules.*

Ranger Badges are as follows :—

Ability.
Airwoman.
Architect.
Art Lover.
Arts and Crafts.
Astronomer.
Authoress.
Beauty Lover.
Bell Ringer.
Bookbinder.
Braille (Senior).
Campcraft.
Citizen.
Current Events.

Dairymaid.
Decoder.
Dressmaker.
Economist.
Electrician.
Embroideress.
Empire Knowledge.
Explorer.
Farmer.
Figure Skater.
Finisher.
First Aider.
First Class Cook.
First Class Knitter.
Folk Dancer.
Geologist.
History Student.
Horticulturist.
Housecraft.
Housekeeper.
House Surveyor.
Instructor (Ranger).
Interpreter to the Deaf
Leather Worker.
Linguist.
Local Knowledge.
Mariner.
Motorist.
Musician.
Nature Lover.
Nurse.
Physical Training.
Printer.
Probationer.
Public Health.
Reader.
Rescuer.
Samaritan.
Sea Lore.
Secretary.
Senior Athlete.
Signalling Transmitter.
Stagecraft.
Surveyor.
Textile Worker.
Toycraft.
Water Naturalist.
World Citizen.

The Badges for these are similar to those for Guides, with a red border round them. Rangers who have not before been Girl Guides may enter for the ordinary Guide Badges as well. When both the elementary and the advanced Badge for the same subject have been won, the latter only should be worn.

Trade Badges. A Ranger when old enough should prove her ability to be useful in some one particular sphere of life by which she could earn her living. Trade Badges can be worn by Rangers for such ability either :—

(*a*) After one year's paid work in any one place of employment, on the recommendation of the employer or supervisor in writing—*or*

(*b*) On the production of a certificate from a Trade or Technical School—*or*

(*c*) After a year's voluntary and continuous work of not less than thirty-six hours per week, on the recommendation of the employer or supervisor in writing.

A Ranger may also earn the Trade Badge by carrying out domestic service in her home, provided that her Captain and her family are satisfied that these duties have been carried out for a year in proper and seemly fashion.

A Ranger must have been six months in the Company before she may wear a Trade Badge. The Badges are worn on the right upper arm and are red for Rangers and blue for Sea Rangers.

CADET COMPANIES FOR GIRLS

The Cadet Company

Why should boys have all the fun ? Why should they have a Cadet Company at their schools and the girls have none ? It has always bothered me as another injustice to girls. So in the Guide Movement we have done something to set it right by starting a Cadet Company in the greater girls' schools. The members of these are taught all the things that will enable them to become officers or Guiders in the Movement when they leave school. In this way girls can realise their opportunity for doing something that is worth while when they leave school and can win the joy that comes to those who render service for others.

The Reason Why

People have often said, " Why have a special corps for this when you can learn all the fun and practices just as well in the ordinary company ? " Yes, but there is something more that girls in their Cadet Companies learn too, before they can make really good Guiders. It is not enough merely to know what the Guides do, a Guider must always know the inner meaning of the various tests, the reason why she should give the different instructions or orders, and above all she must realise the need that exists for such a form of training among the poorer class of girls. She must know of the preventable waste of life, the want of happiness, the remediable poverty, and the need of better efficiency among these, and she will then understand that though it looks like a sort of game Guiding is really a work of national importance. When working at this she is doing something that will bring enjoyment to herself, but an enjoyment that is all the better because she knows that it will do a great good to others, because it is God's work in a very human and practical form. It is no small thing to realise this and to feel that though a girl you are making yourself a power for great good in the land.

Discipline

In training yourself to be a Guider you will recognise that in order to command obedience you have yourself to understand how to obey. It is only by practising your own self-discipline that you will see how to develop it in others.

Responsibility

As a Guider you will be a responsible person in authority. You will not have others to turn to for instruction, you will have to

devise your own plans and to put them into action for yourself. You will be *trusted* and *expected* to do these things.

Sympathy and Fairness

In dealing with those under you, you must have sympathy with each individual. Each one of them has a different mind and a different capacity ; this you have to take into account, and you must remember that success will only come where you get their whole-hearted enthusiasm for the work. The successful Guider never drives—she leads.

Leadership

The Guider leads her girls by her own example, whether it is in her Character, that is, patience, good temper, keeness, and zeal,
or
her Skill at handcraft.
or
her Development of her own health and strength in order to fit her to carry out her life's work,
or
her Service in doing good turns and readiness to sacrifice her time, money, or even life itself for others.

The Joy of Guiding

Now after reading this don't for goodness' sake, drop your jaw and think that " this is not the sort of thing you want to learn in becoming a Cadet." There is no need to be downhearted because there is a serious side underlying all the jollity of Guide games. Quite the opposite. Guide games and practices are just as lively and exciting as any others, but they bring greater enjoyment in the end. Why ? Because after all, when you have played your tennis or your golf, your hockey or even your humble hopscotch, you begin to think it was very jolly, but there was something lacking ; what *good* did it do to anyone ? It was to some extent time wasted. The worst agony of death at the moment when the sands are running out and minutes are precious is the feeling that so many hours of life have been wasted on things *that did not matter.*

Organisation

The unit for Cadets is either a Patrol of eight under a Patrol Leader ; *or*
a half Company of two Patrols under a Lieutenant ; *or*
a Company of three or more Patrols under a Captain.

Age.—15 or over.

Distinguishing Mark.—White hat-badge.

Training.—In all the different activities as laid down for Guides, Brownies, and Rangers, but with the addition of practice in giving instruction in them. A Cadet is expected as a point of honour to do her best to help the Guide Movement after she has left school. A certificate is awarded to a Cadet on leaving school to show to what extent she has been trained in Guide work, and a recommendation of her is sent to the Guide Commissioner of the district in which she will live so that they can mutually get in touch. Thus she will have the opportunity of doing a big thing for herself, for her sisters, and for her country.

GUIDERS

CHAPTER X

WHAT IS GIRL GUIDING ?

The Girl Guides are a Sisterhood. This means that members of it, from top to bottom, are working together as sisters—elder and younger sisters—from joy of the work. It is not a small army composed of officers, non-commissioned officers and privates in their respective grades directing or directed under imposed instruction, therefore the title of Captain and Lieutenant, which, although adopted in the Association, does not exactly describe their rôle, so I shall in these notes refer to the seniors of all grades as I always think of them, viz. as the Guiders—those who, like elder sisters, show the younger ones how " to turn to the right and keep straight on." The secret of successful execution of a scheme or of an order is that those to whom it is imparted should not merely have the statement but understand the meaning that underlies it. So I would propose here—without any idea of instructing my grandchildren how to masticate hen products—to help them to understand some of the methods of our movement so that those who are interested may the more easily take up the work of guiding girls in this happy sisterhood.

The Need

That nation comes to the fore which has the most character in its citizens. It deserves its supremacy only when that character is a good character. The character of a nation is not merely that of a few leaders but of the majority of the people. Character is largely a matter of environment and training, and, later on, of experience. Undoubtedly the mother's influence gives as a rule the first impetus to character. A mother cannot give that which she does not possess herself. Therefore it is all-important that the mothers of our country should possess character of a high quality in order to inculcate it in their children. Hitherto the girls, some of the future mothers of our race, have had little character

training as a direct part of their education. Character includes self-reliance, self-discipline, cheerfulness, consideration for others, sense of duty, patriotism, and other such moral qualities. But there are other things besides character needed to make a citizen, especially :

Skill in handcraft or other work.
Physical health and health knowledge.
Sense of duty and service for others.

It is on these four lines, therefore, that the training of the Girl Guides is carried out, through games and practices which appeal to the girls.

What Need is There for It ?

1. We have learnt how valuable women can be to the country and to themselves if only trained.

2. We have also learnt how far from happy life can be for some unless they are trained. From want of proper training preventable misery exists among a very large class. This is to be seen in the squalor in our great cities, in the poverty and unhappiness, the infant mortality, the preventable diseases and social diseases due to ignorance, carelessness, and generally to want of character.

Is Not Education Good Enough ?

No. Though it is very good and vastly improved of late years, yet it cannot under existing conditions entirely prepare the girl for what is possible for her in the present day, much less for what will be required of her in the near future. The remedy largely needed is formation of character. Character is formed more by the environment outside the school walls than by the instruction within them ; that environment may be for good and at the same time it may very easily be for bad.

Practical efficiency in homecraft or in mothercraft is essential, but efficiency is desirable in many other spheres for professions, and in the many fields in which a woman has proved that she can shine.

The need of health for herself and knowledge of health for her children and for the service for others is essential on a far more general scale than has been heretofore possible through school training alone.

Sense of Duty to Others

Though the war brought a splendid exhibition of self-sacrifice and devotion on the part of women and a desire to be helpful and patriotic, the sense of service is one which requires further education in the rising generation. The results of such training

can only mean a stronger patriotism and a sound practical Christianity, instead of a mere profession of it.

WHAT REMEDY IS PROPOSED ?

The aim of the Girl Guide Movement is to assist parents and school teachers and pastors by supplying the desirable environment and healthy activities outside the school. The first thing is to attract the girls by happy comradeship, neat uniform, games and competitions which will appeal to them. Then through these to develop in them the four points which I have mentioned as " essential." But please don't think that we want to make a school of it. My harping on the " training " may lead you to think so. We do not want to trespass on the school teacher's ground, nor to adopt school curricula or examination systems. Quite the contrary. The weak point of modern education is that though it recognises the value of more up-to-date subjects it has not yet broken away from old methods in presenting them to the child. Till it does so it will remain Instruction instead of Education. Our object in the Guides is to supply healthy play and recreation : but play when organised need not be waste of time. In these days we cannot afford, nor is it fair on them, to let children waste time and then to launch them " half-baked " into the sea of life-troubles. The Guide training offers them ideals and activities which supplement, without tiring them, the teaching of the school.

Results and experience show that the scheme is successful in attracting girls of every class in most parts of the world. It can be applied equally well in town or country and it helps rather than interferes with every form of religion. Where properly handled it gives remarkable and satisfactory results in the directions looked for.

WHAT IS THE ORGANISATION FOR THE PURPOSE ?

The full details are given in the *Book of Rules* (6*d.*), but I will here give a brief and general outline of the organisation.

A Local Association is formed of representative people in a district with an Executive Committee for carrying on the work. A Company of girls is formed in one of the three branches :—

Brownies—that is, Juniors	(8–10+).
Guides	(10+–15).
Rangers	(over 15).

Or the Company may be composed of all three. A Company should not exceed 32 or 36 in number, otherwise individual training becomes impossible. The Company is subdivided into

Patrols of six or eight girls, each under a Guide selected to be the Patrol Leader. A Patrol Leader is responsible for the training and discipline of her Patrol under general supervision of the Captain. The girls are then trained progressively in parts of one, two, and three of this book.

HOW TO START A COMPANY

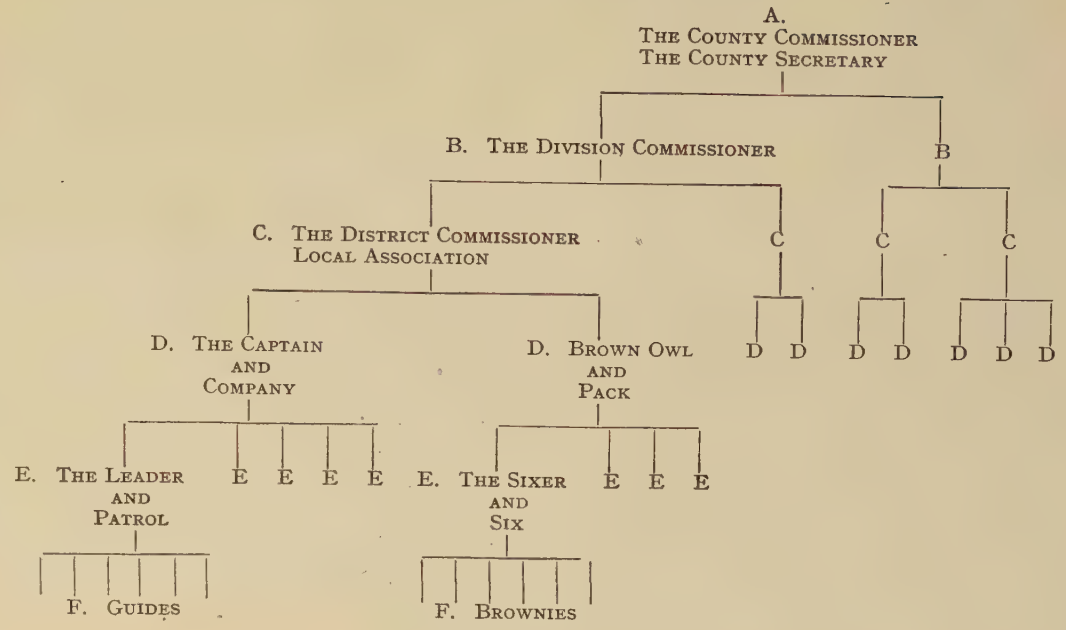
The Captain is appointed by the Local Association, who stand as a guarantee to the parents that a lady of the right character and ability is selected for the position. She secures a room for the head-quarters club of the Company and assures herself of sufficient financial support, since advances may be necessary for purchasing the necessary equipment and uniform which is afterwards paid off in instalments by the girls themselves. Guides also can generally subscribe a penny or two a week to the expenses of the Company's club. The Captain then gets together about eight girls and trains these on the lines of the book as a Patrol. From these she then selects about four to be Patrol Leaders, these then bring in other girls from outside to form their Patrols, and the preliminary training of these girls is entrusted to them and they carry it out generally on the lines of the book.

How is this Company Associated with the Rest of the Movement ?

The Girl Guides Association is incorporated by Royal Charter and consists of an Advisory Council of representative people. These assemble annually and appoint the Executive Committee of the Imperial Council to administer the Movement generally throughout the Empire. Administration is decentralised as far as possible, and the Headquarters Executive are represented in the different countries, provinces, counties, etc., by Commissioners appointed by them. In Great Britain, the county is the administrative unit under a County Commissioner ; the county is then subdivided into divisions under Division Commissioners, of whom there may be three or four in a county, and they again subdivide their division into districts, each under a District Commissioner. The District Commissioner subdivides her district into areas under Local Associations which are bodies formed of local representatives ladies. They elect their own executive committee among themselves for carrying out the administration of the Movement in the district, and the district is really the administrative unit. The following is the list of executive ranks : Chief Commissioner, County Commissioner, Division Commissioner, District Commissioner, District Captain, Captain, Lieutenant, Patrol Leader, Ranger, Guide, Brownie.

HEADQUARTERS

Headquarters Council with Executive Committee



Duties of Commissioner

The Commissioner is appointed to act as the representative of the Headquarters Executive in her locality and as an adviser and friend to those carrying out the work, and to see that they do not work on lines contrary to the policy of the Movement. At the same time she acts as the local representative for bringing up any of their needs or requirements to the Headquarters Executive. Her duties are detailed in the *Book of Rules*. Full hints are given for Commissioners and Guiders in *The Commissioners' Book* and *Guiding for the Guider*.

Uniform

The uniform of the Commissioners of the Girl Movement is a navy blue coat and skirt with brown leather belt, navy blue felt hat turned up at the left side, and a white shirt. Different Commissioners' badges are appointed for the different ranks. Commissioners all wear a cord on the left shoulder with badge on the left breast and a cockade on the side of the hat, with distinguishing tie.

Guiders

To be a Captain in the Movement a lady must be nominated by the Local Association and must have done three months' probation in command of a Company. She must satisfy the Commissioner that she has a thorough grasp of the general principles of the Movement and the rules, and must have personal standing and character such as will insure a good moral influence over the girls. She must be not less than 21 years of age and must be able to obtain the use of some clubroom for the Guide Meeting. She is enrolled and makes the Promise as one of the sisterhood. Before she can receive her warrant she must be a second class Guide and have three efficiency badges. A Lieutenant has to have the same qualifications but may be under 21, though as a rule over 18.

The power of a Captain is that she can enrol her own Guiders and Guides and pass them through their Tenderfoot and second class tests, and she can reduce a Patrol Leader to be a Guide or she can send her to the right about altogether ; she has a free hand in the interior administration and training of her Company, provided that she adheres to the policy and rules of the Movement. She holds a warrant from Headquarters to exercise her authority ; this warrant is the property of the Association and has to be returned at any time on demand.

The Guider's uniform is as described for a Commissioner, but navy blue shirt. Her tie can be of light blue or of Company

colour, her distinguishing mark a navy blue cockade on the left side of the hat with a green badge brooch just below knot of the tie. A Lieutenant wears the same uniform but without the cockade and with the Tenderfoot brooch on the left of the hat, with a gilt badge brooch just below the knot of the tie.

Want of space in the present book prevents me from going into the details of the dress, administration, and discipline of the Movement, but these can all be found in the *Book of Rules*, which can be obtained from Headquarters, price 6d.

Discipline of the Movement

All these rules may appear rather alarming to an outsider, but please remember that they are " rules " as for cricket and not " regulations " as for police purposes. They are merely intended as indications for " playing the game," and that is the only form of discipline that we ask for in the sisterhood. Their object is to ensure that their policy is adhered to under which our Royal Charter of Incorporation was granted, and also to guarantee to parents that reliable officers are in charge of their girls to ensure fairness of standard in awards, and to secure efficient training by having efficient Guiders.

Method

Method.—Our method of training is to educate from within rather than to instruct from without ; to offer games and activities which, while being attractive to the girl, will seriously educate her morally, mentally, and physically.

Our aim, as Fisher wrote, is to promote " not so much the acquisition of knowledge as the desire and capacity for acquiring knowledge."

In other words, the Guider's job is to enthuse the girl in the right direction. By acting on this principle she will save herself considerable trouble in reaching her goal and in producing smart, keen and capable girls.

It is the means by which the modern schoolmistress scores over her more old-fashioned sister, since she develops a girl to be efficient rather than scholarly, to have character rather than erudition—and that is what counts towards success in life nowadays.

By " efficiency " I don't mean mere money-making skill, but a general intelligence and capability to live a free, prosperous and happy life.

To preach " don't " is to incite the doing of wrong. Rather infuse the right spirit ; as powder is to the shot, so is spirit to action.

Moral Instruction.—Direct moral instruction—like drill—produces a pleasing veneer, but unless there is properly seasoned character below this will not stand wear.

Lord Morley has said : " It is well known to the wise, but an everlasting puzzle to the foolish, that direct inculcation of morals should invariably prove so powerless an instrument, so futile a method." Have we not found this so in Sunday school and other teaching ?

Wise old Plato long ago gave us the right lead in education, and one which only now is beginning to be followed, when he said that there was innate good in every child, and the aim of education should be to develop these natural " instincts of virtue " through suitable practices.

Active versus passive education.—No mention of reading, writing, and 'rithmetic as essentials, but of enlarging the natural instincts, i.e. character by practices not merely by precepts.

The average girl (if there is such a thing as an average girl) does not want to sit down and passively receive theoretical instruction. She wants to be up and actually doing things in practice and this is a good lever to work upon if only the teacher will recognise it as the instrument ready to her hand.

Your first step then is to study the girl herself ; to recognise her likes and dislikes, her good qualities and her bad, and to direct her training on these.

How to Apply the Training

The scheme given in this book is little more than a suggestive outline. It is left to the ingenuity of the Guider to devise generally on these lines further activities such as will best suit her local conditions.

Games and practices selected or planned for the purpose can be made to teach, through the youthful enthusiasm of the girls, most of the moral attributes required, such as self-restraint, good temper, obedience to leaders and to rules, unselfishness, pluck, moral endurance, fairness, esprit de corps, etc., as well as physical hygiene. Further, they teach soberness in success, good humour in defeat, and repression of show-off and hysterics.

For example, if a girl faints on parade it should be a point of honour almost to take no notice of her beyond allowing her second and one other Guide to look after her. The business of the moment should go on as if nothing untoward were happening.

In the book a few games only are suggested as samples. More will be found in *Scouting Games*, and in *Girl Guide Games ;* and more still will be found in the brain of the Guider herself.

THE PSYCHOLOGY OF THE GUIDER

There are two fundamental points to be considered in dealing with Guides. The first is that the only woman who can hope for real success as a trainer of Guides is the one who can be their elder sister. The " Commanding Officer " is no good and the " Schoolmistress " is doomed to failure (though in neither case probably would the woman recognise it herself nor admit it). This fact is being proved daily by the successful results already gained by our Guiders. By the term " elder sister " I mean one who while commanding their respect can place herself on terms of comradeship with her girls, entering into their games and laughter, herself thereby winning their confidence and putting herself into that position which is essential for teaching, namely, where by her own example she leads them in the right direction instead of merely pointing the way.

The Psychology of the Girl

The second item to recognise, although as a point it is of first importance, is that the girl of eight to ten is psychologically quite different from the girl of ten to fifteen. I don't mean that the change comes about with a bang in the tenth year ; but the younger girl is growing relatively in mind and body more rapidly than the elder one, and the transition gradually comes about approximately at those ages in the average girl. The age at which crime begins among the poorer class of children points to the age at which character begins to form itself, and it appears much earlier in life than is usually supposed ; that is to say, the crime returns show a good deal of juvenile depravity at the early age of ten and eleven, and at twelve it has mounted to its highest point in the young generation up to twenty. Between the ages of eight and nine, therefore, seems to be the right time to get hold of the girl when the seeds of character may begin to sprout into pliant tendrils ready to trail off in the wrong direction, but easily taken in hand at that time and trained aright.

Under eleven the following are common attributes in the average child : make-believe, appreciation of fairy tales, eagerness for new experiences, collection of stamps and other curios, mental restlessness, physical restlessness, thoughtlessness, untruthfulness, etc. Over eleven the following attributes may be generally counted on : constructiveness, hero-worship, liking for team games, dawning conscience, sense of humour, of pathos and of sympathy.

Character

In any case sense of honour, truth, self-control, fairness,

discipline, responsibility and good humour have been too little inculcated among girls in the past, and this important omission we endeavour to make good in the practices and activities of the Guide work adapted to the psychology changes as they come.

The Patrol System for Guides

I remember when we first started the Boy Scout and Girl Guide Movements I received some valuable advice from a prominent business man with regard to organising the Headquarters Office.

He told me that women were far the best clerks to employ in preference to men, but he said the pity of it was that they only rose to a certain height in their work and they could not be made managers of departments because they could not take responsibility.

War conditions have since shown that if he meant this as a rule he was wrong. Women have risen splendidly to the occasion, and in very many cases have shown themselves perfectly qualified to take higher duties upon themselves.

At the same time there is no doubt that if more of them were prepared for it early in life, many more of them would be so employed in ordinary times of peace.

The men in our nation who take the heaviest responsibilities with the least concern are the officers of the Royal Navy. The great battle off Jutland showed how every Commander rushed his ship into the right place at the right time in full confidence of his own efficiency and that of his unit, and fully responsible for his own actions in doing so.

But the Navy is an exceptionally fine school for this. Responsibility is first imbibed by the Midshipman when he is in sole charge of his own unit, the boat and its crew.

In the Girl Guide Movement, as in the Boy Scouts, we also have the small unit—the Patrol—commanded by its own girl Leader.

This in the first place conduces to the Patrol Spirit among its members, where each of them considers the honour of her unit to be always at stake, and that it is up to her among its other members constantly to uphold its reputation.

This brings the development of self-discipline, sense of duty and selflessness down to the individual. Emulation between Patrols in a Company makes for a higher standard of efficiency and collective discipline all round; and this is a great help to the Captain.

But also there is the Patrol Leader. She is the responsible officer for leading her Patrol to victory and for keeping each member of the unit up to the mark, so that the Patrol as a whole does not fall behind any other.

To do this effectively she soon discovers, if it is not otherwise

pointed out to her, that she has to be a Leader not only in name but in fact and in act.

She has to be an all-round efficient, and she has to use her brain and thought, her initiative and power of command to hold and lead those under her.

With a little practice this rôle becomes a habit. Having learnt how to obey and how to restrain herself she develops the power of command and her own sense of responsibility, thereby unconsciously preparing herself to take higher positions of trust in real life later on.

But above all, this means for each individual the development of *character*. And that is our aim.

The Court of Honour formed by Patrol Leaders and their Assistants (" Seconds ") is also of untold value in founding and developing the strength of the Guide spirit and the sense of responsibility to a further degree among the girls.

For these reasons the Patrol System is the most important element in the Girl Guide Training, and it is, as far as I know, the only step so far made available towards educating girls practically in two points which have long been missing in their upbringing—namely, in the sense and practice of Self-discipline and Responsibility.

How the Guide Training Appeals

From the parents' point of view Guide work gives character to the girls, also skill at handicrafts; thirdly, service and helpfulness to others; fourthly, physical health and development.

From the teacher's point of view it provides a healthy environment outside the school, and activities which tend to develop in practice many of these attributes inculcated theoretically in the girls' lessons.

From the girls' point of view Guiding puts them into fraternity gangs among jolly comrades and it gives them a smart dress and equipment, it appeals to their imagination in results, and it engages them in an active open-air and healthy life.

Our aim is to give equal chances to all and to give the most help to the least fortunate.

The training applies equally well to girls of all classes and can be carried out in towns just as well as in the country.

Camps

Camping, which a few years ago was looked upon as impossible for girls, has now become an institution in very many centres—and one that has brought the very best results. It is what the

SUMMARY OF THE PROGRESSIVE STAGES OF TRAINING OF GUIDES

ACCORDING TO AGES

	1. Character and Intelligence.	2. Skill and Hand-craft.	3. Physical Health and Development.	4. Service for Others.
Brownies 8 to 10+.	Promise and Law, Union Jack and National Anthem, Tie Knots, Elementary Signalling. Compass. *Badges* for Collector, Observer, Signaller.	Hem and Darn, Make Dolls' clothes, Light Fire and make Tea. *Badges* for Artist, Needlework, Weaver, Woodworker.	Care of Nails, Teeth, etc. Nose Breathing. Throwing and Catching. Physical Exercises. *Badges* for Athlete, Swimming, Team Player	Elementary First Aid. Carry Messages in head. *Badges* for First Aider, House Orderly, Local Guide.
Guides 10+ to 15.	Promise 10 Guide Laws, Nature Study Tracking, Patrol Leading, Thrift. *Badges* for Artist, Astronomer, Friend to Animals. Musician, Interpreter.	Cooking in Camp or Home, Needlework, Nursing. *Badges* for Carpenter, Child-nurse, Electrician, Laundry, Gardener, Photographer, etc.	Running, Jumping, Skipping, Hygiene (personal and house). *Badges* for Child Hygiene, Gymnast, Horse-woman, Cyclist, Pioneer, etc.	Dealing with Accidents. Local Guide. *Badges* for Ambulance-Work, Fire Rescue. Path-finder. Sick Nurse, etc.
Rangers over 15.	Company Societies for— Debates, Orchestras Choral Singing. Charge of Company Accounts— Instructions, Equipment, Entertainments.	Specialise in Advanced Subjects, such as— Arts Crafts, Manufacturer, Professional, Commercial, Housework Outdoor Work.	Team Games Patrol Tours, Cycling, Walking, etc. Gymnastics, Boating. Visits to Galleries, Exhibitions, etc.	Organised Public service, such as Accident Corps, Hospital Maids, Women Police, Medical Almoners, Child Welfare, Hut Service, Crèche Workers.

girls look forward to with intense joy, and it gives the Guiders their greatest opportunity.

Large camps are, for training purposes, a mistake: one company of three or four patrols is as much as a Captain and Lieutenant can manage with due regard to the health and training of the girls. Guiders who take their Guides to camp under canvas have to satisfy their Commissioners that they are fully qualified to do so.

Religion

Two authorities from very different points of view have gone so far as to describe Scouting and Guide work as " a new religion and a practical one." One of these was a clergyman and a schoolmaster, and the other a statesman of strong human sympathies.

We have not ourselves pretended to claim any such standing for the teaching, but we do find from experience that *where rightly handled* it can put the right spirit and the right grounding into children for developing religion through their inner consciousness instead of having theology imposed upon them through surface instruction of morality taught them through fear of punishment.

Nature Study and Good Turns

To interest the child is our method of training in the Guide movement, whatever may be the subject taken up. It can equally be used in the development of the elements of religion without in any way trenching on the teaching of any particular denomination —indeed it is helpful to all.

We use, therefore, the study of Nature as a first step to the realisation of the Creator. The dissection of a plant or bird, the observation of the habits of an animal or an insect, or the study of the stars and planets all command the eager interest of the girl, and if properly applied, reveal to her with absorbing force the miracle laws of Nature: it gives her a sense of the beautiful; it gives her an uplifting instinct of reverence for the power of God.

Then, on the moral side, to *be* good is of little interest to the child; to do good is another matter. She has an innate predisposition to the active practice rather than to the passive reception, and the Guide encouragement to do the daily good turn meets her inclination and eventually leads her—bit by bit—to the practice of kindness and of self-sacrifice for others as her natural habit of mind and action. In other words, the germ of the Divine Love that is within her is developed along lines which appeal to her, till it blossoms out as an integral part of her life and character, as her soul. In this way the soul is educated, that is, self-expanded from within: it cannot be developed artificially by the application of book instruction and rules from without.

Nature study should not be the mere formal class teaching of the school, but should be the interested pursuit of each individual girl in that branch of it which particularly appeals to her, through practical handling and dealing with it.

Through such Nature investigation, and the consequent appreciation of God the Creator, the Guider can lead the girl on to a right understanding of biology and of her own position in the order of nature ; to realise how she can be associated with the Creator in His work and how she can have her part in the romance of reproduction and the carrying on of the race ; also that good motherhood is a wonderful gift of God, at once a sacred and a patriotic privilege and duty.

Many a girl has been ruined by ignorance on the subject, and by the wrong or debased views picked up haphazard. Parents to a great extent evade their duties in this direction, and yet they are apt to resent other people trying to remedy their neglect. So it is often desirable for a Captain to consult the mother before talking to a girl, but the girl should not be left to slide in ignorance. It is not a thing to deal with before a number of girls, but with the individual according to her psychology.

One of the objects in a Guider being " an elder sister rather than an officer " to her girls is precisely that she can talk to them intimately and naturally on this very vital topic.

Rallies

Rallies are useful for bringing together a number of Companies to see each other and be seen by others whom it is desired to interest in the Movement. For either or both purposes it is a good thing to have displays of Guide activities by the different patrols and companies, and also to have competitions between them in various Guide practices.

A too common fault about Rallies is that the stage-managing is faulty—the way in which the thing is presented is as important as the thing presented, so far as the outside impression is concerned. The other fault is that generally the displays are chosen too much with a view to training the girls and too little with a view to interesting the onlookers. This is a bad fault if you are trying to spread the Movement and to get people keenly interested in it. The two points can perfectly well be combined. Let the programme err on the short side, and let it be full of variety, novelty, incident, and interest. Long signalling tests and bandaging exhibitions are intensely boring to the onlookers who don't understand them. Whereas a realistic accident, a pretty dance, good acting, and graceful gymnastics, and exhibitions of work done, or girls at work, are pleasing and attractive.

Let it go with a snap—short, sharp and sweet.

Often the Rally includes inspection by a Commissioner or other officers.

Inspection of Companies by Commissioners

There was in the early days of the Movement a tendency to look upon the inspection of a Company rather in the light of a military parade or a social function, when in point of fact it should be neither.

A cursory review by a visiting officer is bound to induce training for outward effect and appearance, an entire perversion of our aims and methods.

I have seen it suggested, even quite recently, that the girls in the Company should be ranged for inspection in order of size, so that they may please the eye of the inspector !

The up-to-date inspecting officer is not likely to be taken in by eye-wash. Her aim is to ascertain to what extent results have been attained by the Captain among the girls in each Patrol in her Company in the four main branches of our training.

Character and Intelligence.
Skill and Handcraft.
Physical Health and Health Knowledge.
Service for Others.

She will generally take each Patrol separately, or if there is not time for this, one Patrol selected at random from each Company.

She will then, by questioning the Patrol Leader and some of the Guides, judge for herself to what extent the leader is capable of responsibility and leadership, and to what extent the girls are efficient, keen, and smart.

She can, by a few simple tests, soon see whether they have really earned their badges, and she can offer them simple personal advice which will sink in and be valued.

The Guide spirit and Guide proficiency are to her the important points to look for.

Accurate drill, neat bandaging, quick and legible signalling, smart uniform, are excellent steps, but they are only steps among others towards the attainment of womanly efficiency on the part of the individual girl.

That is the aim of our training.

Happy, smiling faces, ready resourcefulness and quick intelligence in carrying out any job that may be given is the evidence of keen esprit de corps in the Patrol, are by far the best indications to the inspecting Guider as to whether or not true Guide training is practised by the Captain in her Company.

Give Us the Young !

As Benjamin Kidd has written, let our cry be :—

" Oh ! you wise men who would reconstruct the world ! Give us the young. Give us the young. Do what you will with the world, only give us the young. It is the dreams which we teach them : it is the Utopias which we conceive for them : it is the thoughts which we think for them, which will rebuild the world. Give us the young before the evil has held them and we will create a new Heaven and a new Earth."

Papers to Take In

The Guider, the Gazette of the Girl Guides Association issued on the 1st of each month, price 3d. (Postage 2d., post free for one year, 5s.) A paper for Rangers, Guiders, and Commissioners.

The Guide, issued weekly, price 2d. (Postage 1d., post free for one year 13s.) A paper for Rangers, Guides, and Brownies.

The Council Fire, issued quarterly by the World Bureau, price 4d. (Postage 2d., post free for one year, 1s. 6d.).

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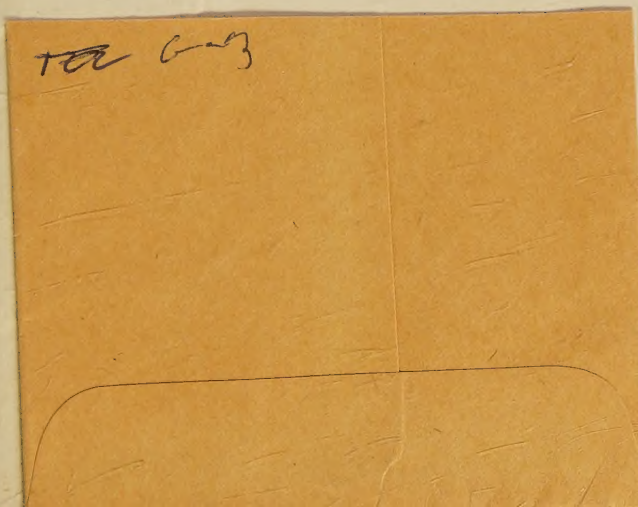

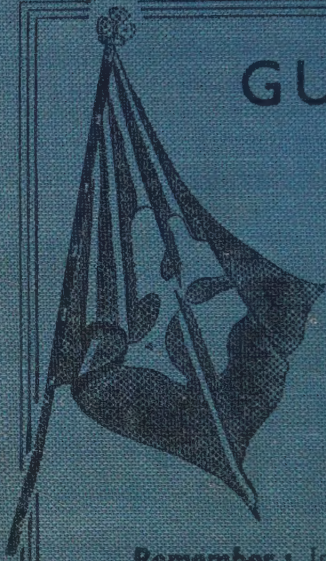

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